

**Drowning in Debt?
We Can Help!**



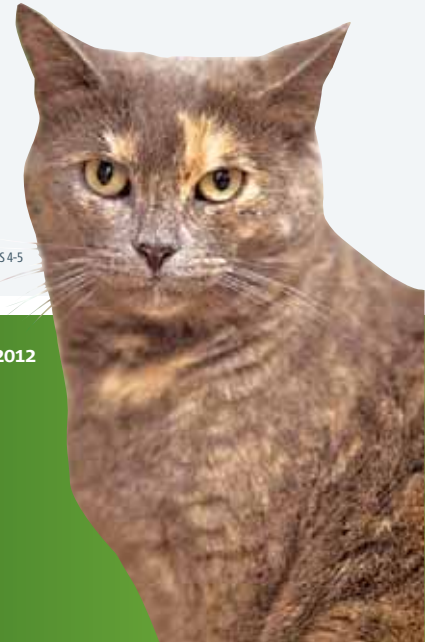
W|B|L|I
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000 • 4debtrelief.com

WOE IS MEOW

CATS ARE TWICE AS LIKELY AS DOGS TO END UP IN THE SHELTER SYSTEM, A NEW REPORT FINDS, AND RESCUE ORGANIZATIONS SAY PEOPLE ARE TO BLAME

PAGES 4-5



HALIFAX

metro

®

Wednesday, December 19, 2012



News
worth
sharing.

metronews.ca | twitter.com/metrohalifax | facebook.com/metrohalifax



CHRISTMAS DINNER WITH ALL THE FIXINS

Kids from the Jubilee Children's Centre drop off their donations to Mel Boutillier, director of Parker Street Food and Furniture Bank, on Tuesday morning. The food bank is putting together more than 1,000 Christmas boxes with everything a family needs for a holiday turkey dinner. Boutillier has a favourite saying: "Great things are going to happen." For the story, see page 6. JEFF HARPER/METRO

2 arrested in HRM homicide

Police search properties for evidence. One location close to burned camp in Sheet Harbour, another on Herring Cove Road

Police are being tight-lipped about arrests made in connection with a Sheet Harbour homicide case.

Around 9 a.m. Tuesday morning, RCMP arrested a 45-year-old woman in Halifax and a 61-year-old man in Sheet Harbour, related to the deaths of two men last week.

Two bodies were found in the wreckage of a burned camp building in Sheet Harbour around 2:30 p.m. on Dec. 12. Two days later, police declared the case a homicide.

Spokesman Cpl. Scott MacRae of the RCMP said the two people arrested were being interviewed Tuesday and remained in custody.

"Any information on what led up to the arrests is not being released at this time," MacRae said.

He added because it's an ongoing investigation, details around the relation-

ship between the victims and the two arrested can't be released.

An autopsy was performed Friday, but MacRae said forensic tests are still being done, and he won't say how the men died or release their names.

"We have been working passionately with the families, and we're comfortable we do know who the two men are," MacRae said.

On Tuesday afternoon, police were searching two properties for evidence in the case. One was close to the burned camp in Sheet Harbour, and the other was at 450 Herring Cove Rd.

MacRae said it was too early to tell if charges would be laid, but he did say police believe the homicide case to be an isolated incident. **HALEY RYAN/METRO**



Police at 450 Herring Cove Rd. JEFF HARPER/METRO

 **50% off***
all frames
during our inventory clearance
valid until Dec. 31 2012



Scotia Square | Spring Garden Rd. | Lr. Sackville | Spryfield | Truro | Fall River
*with the purchase of a pair of prescription lenses. Restrictions apply. Includes full warranty on all frames.

**Doctors
Eye Clinic**
Doctors of Optometry

Partners Of
FYIdoctors.

902.454.2020

www.DoctorsEyeClinic.com



AMHERST

AML Communications
Amherst Centre Mall
142 South Albion St.
(902) 669-3388

ANTIGONISH

Motion Communications
19 A James St. Plaza
(902) 863-5888

BEDFORD

AML Communications
Sunnyside Mall
1595 Bedford Hwy.
(902) 463-3388

BRIDGEWATER

World of Wireless
533 King St.
(902) 543-6363

DARTMOUTH

AML Communications
121 Ilsley Ave.
(902) 468-3388

AML Communications
Mic Mac Mall
21 Mic Mac Blvd.
(902) 466-3388

HALIFAX

AML Communications
201 Chain Lake Dr.
(902) 455-3388

AML Communications
5693 Spring Garden Rd.
(902) 492-3388

SACKVILLE

AML Communications
405 Sackville Dr.
(902) 865-3388

NEW GLASGOW

Motion Communications
60 Archimedes St.
(902) 752-5888

NEW MINAS

AML Communications
County Fair Mall
9256 Commercial St.
(902) 681-3388

PORT HAWKESBURY

Motion Communications
634 Reeves St.
(902) 625-5777

SYDNEY

Soundafex
484 Grand Lake Rd.
(902) 564-9400

TRURO

AML Communications
Truro Mall
245 Robie St.
(902) 893-2288

YARMOUTH

AML Communications
Yarmouth Mall
76 Starrs Rd.
(902) 742-3388

LIMITED TIME OFFER!

Get a great deal on Windows Phone 8 devices AND GIVE THE GIFT OF LTE SPEED



LTE
beyond 4G

SAMSUNG ATIV S™ | SAMSUNG ATIV SMART PC™ | NOKIA LUMIA 920
WINDOWS PHONE 8X BY HTC – 16 GB

— SAVE —
\$50¹

with select 3-yr. FLEXTAB™ agreements

ON THE HOTTEST
WINDOWS PHONE
8 DEVICES

**UP TO 12 MONTHS FREE
UNLIMITED VIDEO STREAMING²** + **NO ACTIVATION FEE³**
ON YOUR SUPERPHONE ENDS DECEMBER 31st

YouTube VEVO ROGERS anyplace tv
RogersAnyplaceTV.com

— EXPERIENCE THE FASTEST WIRELESS NETWORK TECHNOLOGY ON THE PLANET —
CALL 1 877 903-5089 | **CLICK** ROGERS.COM/LTESUPERPHONES | **VISIT** YOUR LOCAL ROGERS RETAIL STORE

Rogers LTE network available in select cities. See rogers.com/LTE.

FREE FREEDOM OF LIFE SHARE FRIENDS CONNECT EXCITING NETWORK TALK SHARE RELIABLE ACCESS FREEDOM OF LIFE NETWORK CHAT
ABLE TEXT FIRST FAST ACCESS FREEDOM OF LIFE NETWORK CHAT
SS RELIABLE SHARE CHAT ACCESS SURF NETWORK TALK SHARE RELIABLE ACCESS FREEDOM OF LIFE NETWORK CHAT
Creating World-Leading Internet Experiences.



HALIFAX

Halifax Shopping Centre
7001 Mumford Rd.
(902) 455-1778



Offers available for a limited time and subject to change without notice. 1 Superphone \$50 discount with new activation before Jan. 7/13 on any 3-yr. talk and internet plan having min. \$45 monthly service fee. Tablet \$50 discount with new activation on any 3-yr. mobile internet plan having min. \$22 monthly service fee or Share Ready Access plan having min. \$17 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXTAB balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. 2 Up to 12 months unlimited video streaming on your smartphone (not shareable among devices) available to new wireless internet customers who activate an eligible 3-yr. term talk and internet plan (3 months with \$55 single line/\$110 family plan; 6 months with \$65 single line/\$130 family plan; and 12 months with \$75 or \$95 single line/\$150 or \$190 family plan respectively). Usage subject to Rogers Terms of Service and Acceptable Use Policy. Visit rogers.com/terms. 3 Activation Fee waived for eligible new activations before Dec. 31/12. ©2012 Rogers Communications

Hefty fees

Province, board to split legal costs of removing sex-offender teacher

Nova Scotia's Education Department will pay half of the legal costs that a school board incurred while attempting to keep a teacher who pleaded guilty to sexual offences out of the classroom.

Officials with the South Shore Regional School Board said Monday they would incur \$47,000 in fees from a judicial review against Peter Speight, while the department would cover \$116,000 for other legal costs.

But the acting director of communications for the Education Department said Tuesday there was a misunderstanding between the school board and the provincial government over how the costs would be paid.

Dan Harrison says the matter is now resolved and that the school board and government will each pay \$81,500 towards the legal costs.

Speight pleaded guilty to committing an indecent act in 2009, but an arbitrator decided he should get his job back at an elementary school in New Germany, N.S.

That decision was upheld in a judicial review, but some parents were outraged when the board attempted to return Speight to the classroom.

Speight recently agreed to resign his position and give up his teacher's licence in Nova Scotia in return for a confidential settlement.

THE CANADIAN PRESS

On the web

For more local news go to metronews.ca



Premier Darrell Dexter is seen after speaking to the Halifax Chamber of Commerce earlier this month. Mount Saint Vincent University professor Jeffrey MacLeod says Nova Scotians should be concerned about the province's plan to balance the budget. JEFF HARPER/METRO

Be concerned about budget, expert says

Money talk.
Professor says Dexter government has lost confidence in economy



ANDREW RANKIN
andrew.rankin@metronews.ca

Nova Scotians should be concerned about the province's plan to balance the budget at all costs come spring, says a Halifax-based political expert.

"Back to balance is the political agenda of the government; it is not necessarily a valid public-policy objective," said Jeffrey MacLeod, associate professor of political science at Mount Saint Vincent University.

"It is in their interest to frame deficit payments as a crisis. The real tragedy would be to have valued public services gutted based on this flawed political premise."

Last week, the province projected a \$277-million deficit for the end of this fiscal year, \$66 million more than it forecast last spring when the budget was tabled. Revenue is forecast to be \$90 million less than expected, including a \$62 million decrease in personal income tax.

Nova Scotia Finance Minister Maureen MacDonald was in Ottawa Monday where she said she was concerned about the "preliminary data" she received on the amount of federal payments planned for the province for 2013-14. This fiscal year the province

Quoted



"We are still on track to balance the budget. The hill continues to get a little steeper."

Finance Minister Maureen MacDonald

would receive \$1.6 billion.

She said on Tuesday she couldn't be more specific because her department is still "crunching the numbers."

"We are concerned that Nova Scotia will be receiving slightly less than perhaps we had been anticipating," she said.

Still, she said her govern-

ment under Premier Darrell Dexter is en route to fulfilling its four-year promise of delivering a balanced budget in the spring.

But MacLeod says if that happens it will come at the expense of essential social programs. He says the province's reliance on federal money shows it is in panic mode and has lost faith in the province's economy as a significant source of revenue.

"The government has to get more confidence in Nova Scotians and support innovation and economic growth: That's the failing," said MacLeod.

"They are cutting programs willy-nilly and cutting the deficit on the back of essential programs, particularly education."

CHRISTMAS SALE

Guitars, banjos, mandolins, ukles, etc...at great prices!

HALIFAX FOLKLORE CENTRE

1528 Brunswick St.
422-6350

Conveniently located just off Spring Garden Rd.

www.halifaxfolklorecentre.com



Let Us do the Thinking For You...

GIFT CERTIFICATE SALE!*

Earn \$5 EXTRA with every \$25 spent: \$10 for \$50, \$15 for \$75, \$20 for \$100, etc.

Our experienced consultants can help build the perfect package for those special, hard to buy for people.

Offering services ranging from Waxing to Skin & Body Care to Full Therapeutic Massage.

Watch for next Thursday's ad for our next December special offer!

Sunnyside Mall, 1595 Bedford Highway, Bedford
(902) 832-2233 | nichespa.com

niche

Naturally you

*Cannot be purchased with rewards points, money on account or gift certificates • Expires December 22, 2012.

11 NEWS

Maritime Link. Province, Emera teaming up to force project approval: McNeil

A decision by Nova Scotia Power's parent company to spend more than \$1.5 billion to develop the Maritime Link before it gets regulatory approval shows the company and the province are trying to force the go-ahead of the project, says the leader of the province's opposition.

Liberal Leader Stephen McNeil said Tuesday that Emera, the company pledging to build the subsea electricity link, and Premier Darrell Dexter are teaming up to give the Nova Scotia Utility and Review Board no option but to approve the project, and that consumers

will pay the price.

"Emera is prepared to spend hundreds of millions of dollars on a project that may not go forward, that doesn't make any sense. Most business operators wouldn't do that," said McNeil.

Emera sanctioned the project Monday at the same time that Newfoundland and Labrador Premier Kathy Dunderdale sanctioned the proposed \$7.7-billion Muskrat Falls project.

Meanwhile, McNeil said neither Emera or Dexter have been able to prove whether the project will result in lower power rates. **ANDREW RANKIN/METRO**



Liberal Leader Stephen McNeil METRO FILE

Cats languishing in overburdened shelters

Not the cat's meow.

Advocates say too many owners adopt kittens, then abandon adults



RUTH DAVENPORT
ruth.davenport@metronews.ca

A new report suggests Canada's animal shelters are drowning in a tidal wave of abandoned and aging cats.

The report, by the Canadian Federation of Humane Societies, finds that cats are twice as likely as dogs to end up in the shelter system, but have a less than one per cent chance of being reunited with owners — compared to a 30 per cent chance for dogs.

That's overwhelming a burdened and — in Nova Scotia — exclusively donor-funded system.

Local rescue organizations say the problem is complex, but say part of the blame goes to human failings: a lack of education, and short attention

span.

"If you go to most shelters, you'll see they're adult animals, but people are screaming for kittens all the time," said Darrold Gould, executive director of Bide Awhile in Dartmouth.

Gould said he turns away 30 to 40 people every day, looking to give up animals.

Nova Scotia SPCA executive director Kristin Williams said cat adoptions are up by 25 per cent in Halifax over 2011 — but intake is up by more than 38 per cent.

Controlling the population

Spay, neuter programs key

Local animal advocates say increased access to spay-and-neuter programs is a critical part of reducing the cat population.

Linda Felix, founder of Spay Day in HRM, said 255 cats have been fixed in 20 months. She said it's already

She said most cats are the victims of abandonment, often left behind when the owner has to change homes.

"When we look at cats, there's a totally different value system there," she said. "We see them as more independent and less needy, but that's just not true."

Williams encouraged potential owners to adopt from rescue organizations, rather than taking in a "free" kitten from a friend or relative. "If you adopt from us tomorrow, it will cost

Quoted

"If everyone would just be responsible for their pet ... then the problem becomes smaller."

Darrold Gould, director of Bide Awhile

\$175," she said. "But that cat comes with all its vaccinations, flea treatment, it's been spayed or neutered. You would spend more than \$500 for all of that on your 'free' cat."

ing to low-income owners.

Executive director Kristin Williams said it's critical to stem the flood of kittens in Halifax, noting even the environment is working against local shelters.

"In the past, breeding season would start in late spring and be over in early fall," she said. "This year we had new litters appearing as late as late November." **METRO**



finding the perfect gift for the people you know, and those you kinda know: **priceless**

Choosing a gift for the people you don't know so well is as easy as choosing a gift for the ones you know the best. MasterCard® prepaid cards are accepted wherever MasterCard is, making them the perfect gift for pretty much anyone. **That's MasterCard. That's Priceless.®**

Available at these locations and more:



mastercard.ca/prepaidcards



Zelda hangs out at the Bide Awhile Animal Shelter in Dartmouth. Acquiring a pet should always be an informed decision, say animal caretakers. JEFF HARPER/METRO

'Surprise' pets a bad idea. Adoption policies change to stop Christmas gifting

Some local rescue organizations say they're taking steps to ensure animals adopted out during the holiday season don't end up becoming repeat guests.

Bide Awhile's executive director said animals simply aren't adopted out until after Christmas.

"We don't let animals go out at Christmas time for gifts or stuff," said Darrold Gould. "Our feeling is that if you really want an animal, you can wait until the New Year."

Annette Armitage of the Animal Rescue Coalition said her organization gives some consideration given to circumstances, but generally adoptions are only allowed to people who have had an application pending for some time.

"You're not going to come to me today and say I need a pet for Joey for Christmas morning," she said.

"It's the spur-of-the-moment adoptions that end up in our system."

The SPCA doesn't limit

Informed decision

"Pets aren't disposable. Pets are for life."

Annette Armitage, Animal Rescue Coalition

adoptions over the holiday season. Executive director Kristin Williams said the adoption process provides enough scrutiny to be confident in potential owners.

"We believe in education, so we're going to ensure that it's an informed decision and give you all the tools you need for that to be a lifelong commitment," she said. "Sometimes when people are on vacation, making a transition like that is optimal timing."

Williams said the golden rule is to make sure everyone who will have to care for a pet is on board with bringing it into the home.

"It should never be a surprise, it should always be an informed decision," she said.

RUTH DAVENPORT/METRO

Offers extended to January 2nd, 2013!

**WRAP YOURSELF
IN A MAZDA**

HOLIDAY EVENT

0% PURCHASE FINANCING*

+ NO PAYMENTS FOR 90 DAYS^Ω

+ WIN YOUR PURCHASE* ON SELECT 2012 AND 2013 MODELS

2012 MAZDA3 GS SKYACTIV

Finally, a fuel-efficient car that's fun to drive.

0% PURCHASE FINANCING*

FOR **84** months

* Bluetooth® hands-free phone system • Heated front seats • Traction Control System (TCS) • Rain-sensing wipers

Delivering up to 1,000 km per tank of gas.

2013 MAZDA3 SKYACTIV sedan BEST NEW SMALL CAR (under \$21,000)

2013 MAZDA6

IN SHOWROOMS NOW!

\$5,000 CASH DISCOUNT**

Plus get **\$1,000 OWNER LOYALTY CASH***

2012 MAZDA5

ecoENERGY for Vehicles Awards**

Purchase for \$17,950*

Includes Cash Discount.** Freight and P.D.E. (\$1,895) excluded.

2013 CX-5 with SKYACTIV TECHNOLOGY

IN SHOWROOMS NOW!

Purchase from \$22,995*

5.7 L/100 km Highway
50 mpg†

7.8 L/100 km City
36 mpg†

GT model shown

WHAT DO YOU DRIVE?

**ONLY AVAILABLE AT YOUR MAZDA DEALER.
VISIT MAZDA.CA FOR MORE DETAILS.**

zoom-zoom

†0% APR Purchase Financing is available on select new 2012 and 2013 Mazda vehicles and cannot be combined with Mazda Discount Cash offers. Terms vary by model. Based on a representative agreement using an offered pricing of \$21,040 for the new 2012 Mazda3 GS-SKY (D4SK62AA00) with a financed amount of \$20,000, the cost of borrowing for an 84-month term is \$0, monthly payment is \$238.10, total finance obligation is \$20,000. Offer includes freight, P.D.E. and fees. Offer excludes PST/GST/HST. ΩNo Payments for 90 Days (payment deferral) offer is available on all new in-stock 2012 and 2013 Mazda models and only applies to purchase finance offers on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period interest will begin to accrue and the purchaser will repay the principal and interest monthly over the term of the contract. Offer period December 1st, 2012 - January 2nd, 2013. *No purchase necessary. Closes Jan 2/13 at 11:59 p.m. ET. Open to legal residents of Canada (age of majority). Earn one entry with the purchase, finance or lease of a new 2012/2013 Mazda vehicle from a participating authorized Mazda dealership in Canada. One prize available in each of the following regions: (i) West (BC, YK); (ii) Prairies (AB, SK, MB, NWT); (iii) Central (ON, NV); (iv) Quebec (QC); and Atlantic (NFLD, NB, NS and PEI). Each prize consists of a reimbursement of the value of the vehicle purchased (inclusive of fees and taxes) - up to a maximum of \$30,000 CAD. Skill-testing question required. Odds depend on number of eligible entries. Full rules (including no purchase entry details) at www.mazda.ca. **Cash Discount Offers available on select 2012 and 2013 Mazda models and cannot be combined with finance offers. Cash discounts vary by model/trim level. Cash Discount Offers as follows: maximum \$4,000/\$3,500/\$3,000 on 2012 Mazda5 GS models (E6S062AA00/E6S062AB00/E6S062B00) and \$3,000 on 2012 Mazda5 GT models. \$1,000 on all 2012 CX-9 models. \$5,000 on all 2013 Mazda6 models. See dealer for complete details. †Based on highway driving only. Mazda Owner Loyalty Cash Offer is available to returning Mazda owners and applies to all new 2012 and 2013 Mazda models and may be combined with all other current retail offers. No cash surrender value. See dealer for complete details. *Purchase from pricing for new 2013 CX-5 GX (NVXK63AA00) is \$22,995. Offer excludes freight, P.D.E. and fees. PST/GST/HST. Cash purchase price for new 2012 Mazda5 GS (E6S062AA00) is \$17,950, which includes cash rebate of \$4,000 and cannot be combined with other offers. Offer excludes freight, P.D.E. and fees. Offer excludes PST/GST/HST. †5.7 L/100 km (50 MPG) Highway/7.8 L/100 km (36 MPG) City - Based on ENERGEUE Fuel Consumption Rating for the 2013 CX-5 with 6-speed manual transmission. These estimates are based on Government of Canada approved criteria and testing methods. Actual fuel consumption may vary. MPG is listed in Imperial gallons. **Based on 2012 fuel consumption ratings published by Natural Resources Canada. PPSA, licence, insurance, taxes and down payment are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and Finance on approved credit for qualified customers only. Offers valid December 1st, 2012 - January 2nd, 2013 while supplies last. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details. Ω Bluetooth is a registered trademark of Bluetooth SIG, Inc.

Impaired driving. DUI numbers down in Halifax over last year

Either impaired driving is on the decline in Halifax, or the culprits aren't getting caught.

Police in Halifax stopped 61 impaired drivers between Dec. 1 and Dec. 18 this year, well below the 73 caught in the same time period last year.

A total of 110 people were charged in December 2012.

"We hope that all the work that's been done over the years by everyone who advocates against impaired driving is actually making sense," said Halifax Regional Police Cst. Pierre Bourdages. "One is too many."

By the numbers

97.6

The average number of impaired-driving arrests for December.

The number of arrests in December has bounced around a bit in the last five years, ranging from a high of 116 in 2007 to a low of 71 in 2008.

Bourdages said the patrols will remain in force in the run-up to New Year's Eve.

RUTH DAVENPORT/METRO

Indecent act

Man exposes himself near Dartmouth cemetery

Halifax police are looking for a man who was walking around with his genitals exposed in Dartmouth on Monday afternoon.

Police say at 2:40 p.m., a man was seen walking

in the area of St. Peter's Cemetery at the Dartmouth Common while exposing his genitals. The area is close to Bicentennial School.

When officers arrived the man couldn't be located. He is described as in his mid-40s, five-foot-nine, medium build with a round face and slicked-back blond hair. He was seen wearing a black jacket, grey hoodie and brown cargo pants. METRO

Unsolved death. Charge dropped against teen in case of mother's death

A second-degree murder charge has been dropped in the case of an 18-year-old accused of killing his mother in Chester Basin.

John Buckley was released from custody Tuesday after spending the past nine months behind bars.

The body of 57-year-old Victoria Brauns-Buckley was found inside her home on the Borgels Point Road on March 2, but it's not known how she died.

Her teenage son was ar-

Active investigation

Police say the investigation into the death of Victoria Brauns-Buckley remains active.

rested a week later and charged in relation to her death.

Crown lawyer Lloyd Tancock told reporters their case lacks sufficient evidence to obtain a conviction in the case.

THE CANADIAN PRESS

Drugs seized

Routine traffic stop leads to trafficking arrest

RCMP in Pictou County seized 250 grams of cocaine during a traffic stop on Sunday at about 9:30 a.m. on Highway 104 in Thorburn. The driver, a 51-year-old man from Barington Passage, Shelburne County, was arrested for possession for the purpose of trafficking. The man appeared in Pictou Provincial Court on Monday and was released. NEW GLASGOW NEWS

Concrete offer

N.S. offers \$336K to firm in hopes of creating jobs

The Nova Scotia government is offering up to \$336,000 to a Halifax concrete technology firm in the hopes of creating two dozen jobs. Economic Development Minister Percy Paris says the money would go to CarbonCure Technologies over five years. The money would come from Nova Scotia Business Inc., a Crown business-development agency. THE CANADIAN PRESS



Volunteers pack Christmas food boxes at the Parker Street Food and Furniture Bank on Tuesday. JEFF HARPER/METRO

'Great things are going to happen': Food bank director

Holiday spirit.

Over 1,100 turkey-dinner boxes going out to families



HALEY RYAN
haley.ryan@metronews.ca

Sporting a grey cap and glasses, Mel Boutillier weaves his way through dozens of busy volunteers Tuesday passing stuffing and cranberry sauce along a human chain, past stacks of nicely wrapped food boxes.

"I have a saying around here," said the executive

Quoted

"We will not knowingly leave anybody that needs a dinner go without one."

Mel Boutillier on his Christmas dinner boxes

director with the Parker Street Food and Furniture Bank. "Great things are going to happen."

On Tuesday, the back room of the food bank was transformed into a hive of activity with people rushing around to fill over 1,100 boxes with everything a family needs for a holiday turkey dinner.

"It's up a little bit from last year," said Boutillier,

about 100 more from a thousand boxes in 2011.

Boutillier, an Order of Canada recipient who turns 85 in January, said Christmas can be a very stressful time for those who don't have much income.

On Thursday, families coming in to pick up their dinner boxes can also look through tables of brand-new toys and clothes for their kids.

"Sometimes families have differences, and when they get together and enjoy Christmas dinner together, the feeling changes," Boutillier said.

Some begin donating food early. Over a dozen preschoolers from the Jubilee Road Children's Centre handed over non-perishable food items to the food bank on Tuesday.

"Last year they dropped off food in a Superstore box but were disappointed they didn't see anyone collect it," said Jubilee Road staff member Theresa Viktoria.

"They were so excited to come today. They really wanted to see where the food was going."

Feed Nova Scotia numbers up in 2012

The number of families seeking support from Feed Nova Scotia is up.

There were 6,800 seeking help as of Tuesday, compared to 6,652 last year, said Dianne Swinemar, executive director of Feed Nova Scotia.

"That was really interesting. You're never sure how the numbers are going to come in," Swinemar said.

"The closer you get to

Christmas, of course, that's when families start to panic that they haven't got an application in or things change in their life."

Although Swinemar said Feed Nova Scotia ended last year in a deficit, and had a shortage of food this fall, the last couple of weeks have seen their donations rise.

"There's been a tremen-

dous increase in foot traffic," Swinemar said, adding that their recent Stuff-A-Bus donations were up 34 per cent.

Swinemar said the households with children will be taken care of with turkey hampers for the holidays, and any single people who miss out will still have a hot meal at a soup kitchen.

HALEY RYAN/METRO



Dianne Swinemar METRO FILE

IT'S WHAT THEY WANT.

PURE REWARDS

Redeem any coupon to receive
20,000 Bonus Pure Points
with purchase of these CD's



\$12⁹⁹
each

P!NK - THE TRUTH ABOUT LOVE

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.



PURE BONUS CODE: 085302



\$12⁹⁹
each

KESHA - WARRIOR

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.



PURE BONUS CODE: 085303



\$12⁹⁹
each

PITBULL - GLOBAL WARMING

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.



PURE BONUS CODE: 085301



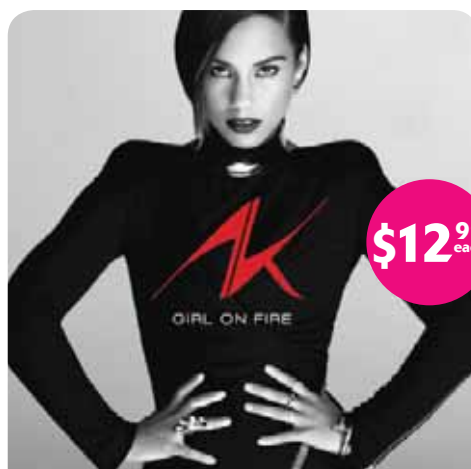
\$12⁹⁹
each

KELLY CLARKSON - GREATEST HITS - CHAPTER ONE

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.



PURE BONUS CODE: 085294



\$12⁹⁹
each

ALICIA KEYS - GIRL ON FIRE

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.



PURE BONUS CODE: 085295



\$12⁹⁹
each

CHRISTINA AGUILERA - LOTUS

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.



PURE BONUS CODE: 085290



WIN A \$1000 HMV GIFT CARD

No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

hmv

Republicans open up to gun debate

Taking the first step.

Gun manufacturers see shares continue to drop as politicians on both sides of the aisle shift stances following Friday's shooting

Some Republicans now say they're willing to discuss the politically treacherous issue of gun control, along with mental health issues and violent video games, while President Barack Obama said he supports efforts in Congress to reinstate an assault weapons ban in the wake of last week's Connecticut school shooting.

The massacre, one of the worst mass shootings in U.S. history, has rattled the usual national dialogue on guns in America, where public opinion had shifted against tougher gun control in recent years, and the gun lobby is a powerful political force.

Obama has long supported reinstating the assault weapons ban, which expired in 2004, but was quiet on the issue during his first term. He has said he believes the Constitution's Second Amendment guarantees an individual the right to bear arms.

The president was not expected to take any formal action on guns before the end of the year, given the all-consuming efforts to resolve tax and deficit-reduction talks



Susan Sheperd wipes a tear as she stands with friends and co-workers as the funeral procession for James Mattioli, 6, who died in the Sandy Hook Elementary School shootings, approaches the St. John's Cemetery Tuesday in Darien, Conn. Funerals were held for Mattioli and Jessica Rekos, 6, who were among the 26 people killed when Adam Lanza walked into Sandy Hook Elementary School in Newtown on Dec. 14 and opened fire. CRAIG RUTTLE/THE ASSOCIATED PRESS

and nominate new Cabinet secretaries.

The most powerful supporter of gun owners, the National Rifle Association, broke its silence Tuesday. After a self-imposed media blackout that left many won-

dering how it would respond to the killings, it said in a statement that its members were "shocked, saddened and heartbroken by the news of the horrific and senseless murders."

The group also said it wanted to give families time to mourn before making its first public statements. The organization pledged "to help to make sure this never happens again" and has scheduled a news conference for Friday. THE ASSOCIATED PRESS

A complicated issue

"Put guns on the table ... put video games on the table, put mental health on the table."

Republican Congressman Jack Kingston

Claims self-defence

Student, 11, brings gun to school

Authorities say an 11-year-old boy caught with a gun at school in Utah told administrators he brought the weapon to defend himself in case of an attack similar to the mass shooting last week at a Connecticut elementary school. School officials say the boy has been arrested on suspicion of possessing a dangerous weapon and aggravated assault after other students told police he pointed the handgun at them. THE ASSOCIATED PRESS

Bushmaster rifles

Firearms maker put up for sale

The largest firearms maker in the United States said Tuesday it is being put up for sale by its owner, which called last week's school shooting a "watershed event" in the national debate over gun control. Freedom Group International makes Bushmaster rifles, the weapons thought to have been used in Friday's killings in Connecticut. Shares in publicly traded gun makers were dropping for a third straight day. THE ASSOCIATED PRESS

National poll

A Washington Post/ABC News poll conducted over the weekend showed 54 per cent in the U.S. favour tougher laws, about the same as the 51 per cent in favour earlier in the year. Seven in 10 are opposed to banning the sale of handguns to anyone except law enforcement officers, the highest percentage since 1999.

Quebec. Slain teacher's relatives call American gun laws 'revolting'

The Newtown school massacre has left grieving Canadian relatives of one murdered teacher denouncing American gun laws.

Several of the Rousseau family in Quebec's Eastern Townships will be going down to Connecticut for the funeral of Lauren Rousseau, a substitute teacher whose father was born in Quebec.

"It's revolting how easy it is to obtain firearms — that's what's so infuri-

ating," said the victim's uncle, Francois Rousseau. He and several relatives will be heading down for the funeral of his brother's daughter.

Lauren Rousseau, 30, was born in the U.S. Her Canadian-born father, Gilles Rousseau, told Radio-Canada that he wanted to see his daughter's body but was informed by authorities that it would not be possible. THE CANADIAN PRESS

CLEVE'S Source for sports.

Last Minute Shopper Event

Mon Dec. 17th - Mon Dec. 24th

- Reebok Hockey Mesh-Back Cap **NOW \$9.98**
- Dakine Blazer Mitts **NOW \$24.98**
- Columbia Ascender II Men's Softshell **NOW \$49.98**
- Smith Cascade Goggle **NOW \$19.98**
- Bauer Supreme One Comp Jr. Hockey Gloves **NOW \$59.98**

GIFT CARD

... And Much More!

Find us on: **facebook**

ClevesSourceforSports

Some restrictions apply. BOGO offer excludes licensed product. Products may not be exactly as shown.

Spring Garden 420-1649 Bayview Lake 450-5353 Colby Village 434-0022 Sackville 865-7183 Burnside 468-3838

WEDNESDAY, DECEMBER 19

TODAY ONLY

Save \$901
\$399

Regular \$1300
EFFY 18 kt.
white gold .25 ct.
t.d.w. diamond
solitaire pendant
Exclusively Ours.
Shop thebay.com



Save \$2201
\$999

Regular \$3200
EFFY 14 kt.
white gold .70 ct.
t.d.w. necklace
with 7 diamonds
Exclusively Ours.
Shop thebay.com



Save \$1701
\$599

Regular \$2300
EFFY 18 kt.
white gold .50 ct.
t.d.w. diamond
solitaire pendant
Exclusively Ours.
Shop thebay.com



Save 60%
10 kt. and 14 kt. gold, diamond, gemstone,
cubic zirconia and pearl jewellery *Shop thebay.com*

the  Bay

Shop online at thebay.com

Be the first to know about our One Day Sale offers



Sign up at thebay.com for email updates



twitter.com/thehudsonsbayco



facebook.com/hudsonsbaycompany



Shazam our One Day Sale radio ads



Save with 0% interest for 6 months.
No administration fee. When you use your
HBC[†] MasterCard[®] or your HBC Credit card

Delivery charges and taxes are payable up front. On approved credit only. Minimum monthly payment required.
See below for details.

T.D.W. = Total diamond weight. Necklaces enlarged to emphasize detail and may not be exactly as shown. All diamond weights are approximate. No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details. Special Payment Plans are available on approved credit with your HBC[†] MasterCard[®] or HBC Credit Card on the identified items. Not applicable in Quebec. If you default under your payment terms or under your HBC Account Agreement, then the terms and annual interest rate are set out therein. The billing period covered by each statement will be approximately 30 days. For full details, go to <http://paymentplanhbc.com>, call 1-800-263-2599 or see a store associate. [†]Hudson's Bay Co., HBC, HBC Rewards, The Bay and their associated designs are trademarks of Hudson's Bay Company, used under licence. Credit is extended by Capital One.[®] Capital One is a registered trademark. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. All trademarks used herein are owned by the respective entities. All rights reserved.

Instagram sex slur sparks riot at school

Anonymous posting. Mounted police move in as anger explodes after teenage girls were called 'sluts' and 'whores'

ARON ANDERSSON
Metro World News in Sweden

An anonymous Instagram account that posted images of teenage girls and called them "sluts" and "whores" has sparked riots outside a Swedish high school.

The account showed more than 200 images of teens reportedly as young as 13.

It contained details of alleged sexual activity.

Hundreds of teens gathered outside the high school in Gothenburg where the alleged owner of the account is believed to attend.

Police, some on horseback, went to the school as students threw objects and jumped on cars. One girl was hit in the face, another was attacked and kicked by four girls, a witness told Metro.

"I saw one girl being kicked in the head. She was on the ground, there were four against one," said 17-year old student Janina Niemi.

Some 27 people were arrested. A 17-year old girl has been taken into custody, suspected of having started the Instagram account.



The scene outside a school in Sweden where a riot erupted after an Instagram account posted images of teenage girls, calling them "sluts" and "whores." HENRIK BRUNNSGARD/METRO SWEDEN

He weighs 450lb

Obese inmate spared death

The decision by Ohio's governor to spare a morbidly obese death-row inmate on legal grounds unrelated to the prisoner's weight means executions will likely carry on in the state next year.

Gov. John Kasich on Monday commuted the death sentence of Ronald Post to life without the possibility of parole, sparing him for the 1983 shooting death of Elyria motel clerk Helen Vantz in a robbery.

Kasich's decision to grant Post mercy mirrored the recommendation by the state parole board.

THE ASSOCIATED PRESS

DEC 21 & 22

ON DASHER ON DANCER ON PRANCER ON VIXEN
ON COMET ON CUPID ON DONNER ON BLITZEN
ON STEPHEN ON BRUCE ON JEFFREY ON TERRY
ON RONALD ON PAUL ON BRIAN ON JOHNATHAN!

(THIS WEEKEND, EVERYONE IS DOUBLING UP.)

O'Regan's Toyota
DOUBLE UP HOLIDAY SALE
2 DAYS | 2 DEALERSHIPS | 2 CARS | 2 GREAT DEALS



2013 TOYOTA MATRIX | STARTING AT \$16,795 (+FREIGHT)
0% FINANCING 60 MONTHS | MANUAL SHIFT
GET \$750 TOYOTA CHRISTMAS CASH



2013 TOYOTA COROLLA | STARTING AT \$15,450 (+FREIGHT)
0% FINANCING 60 MONTHS | MANUAL SHIFT
GET \$750 TOYOTA CHRISTMAS CASH



Plus \$500 GAS CARD or NO CHARGE WINTER TIRES*



O'REGAN'S
DRIVING HIGHER STANDARDS

TOYOTA
DARTMOUTH
HALIFAX

60 Baker Dr, Unit A
3575 Kempt Rd

464-9550
453-2331



oregantoyota.com

*Manual Shift 2013 Toyota Matrix and 2013 Toyota Corolla available only. *O'Regan's will issue a \$500 voucher towards the purchase of 4 new snow tires. Offers available for December 21 & 22 only.

No hidden fees

Airfare ads must show total ticket price, feds say

The federal government says advertised airfares for flights originating in Canada must include all relevant fees so the travelling public can easily understand the total cost.

Transport Minister Denis Lebel said advertised prices for the public must include all taxes, fees and other charges so consumers can clearly see the total cost of an airline ticket, with no hidden fees. The "all-in" price doesn't need to include fees for optional services such as in-flight entertainment, meals and baggage, but the price of the options must be displayed.

THE CANADIAN PRESS

Policy change

Instagram says photos won't end up in advertising

Instagram, the popular photo-sharing service that Facebook bought this year, says it will revise a planned update to its service agreement after confusion about its intent led to widespread user complaints.

At issue is whether users' photos can be part of advertisements, on and off Instagram. The company said in a blog post Tuesday that it has no plans to put users' photos in advertisements. That said, Instagram maintains that it was created to become a business and would like to experiment with various forms of advertisements to make money.

THE ASSOCIATED PRESS

Air Canada Rouge takes flight July 1

Discount travel. New carrier will focus on leisure travel market, with destinations in Europe, Caribbean

Air Canada is jumping into the low-cost leisure travel market with the launch of its new Rouge airline, which will begin flying on Canada Day to destinations in Europe and the Caribbean.

The airline will start with flights from Toronto to Venice and Edinburgh — two destinations that currently aren't served by Air Canada — and will serve Athens from Toronto and Montreal.

Air Canada's existing flights to Cuba, the Dominican Republic, Jamaica and Costa Rica will be flown by the discount carrier from Toronto.

The destinations are areas where demand for leisure travel has been growing, said Ben Smith, Air Canada's chief commercial officer. But many



Air Canada's chief commercial officer Ben Smith, right, and Michael Friisdahl, CEO of Air Canada Leisure Group, second right, unveil new leisure airline Air Canada Rouge in downtown Toronto on Tuesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

are routes that didn't generate adequate profits under Air Canada's existing cost structure.

"The creation of this carrier is to assist us in serving many destinations that our existing model does not work on a competitive basis," Smith said.

The airline says flights to Venice, Edinburgh and Athens start at "special introductory

fares" of \$949 round-trip, including all taxes, fees, charges and surcharges.

Flights to the Dominican Republic and Jamaica will start at \$269, one-way, while Cuba is offered starting at \$538 round-trip. All the introductory fares, which are available until Dec. 25, are based on Toronto departures.

THE CANADIAN PRESS

BVO. Drink additive is safe, Health Canada says

Major soft-drink makers and Health Canada say the use of brominated vegetable oil in Canadian beverages is safe, despite a growing movement elsewhere to ban its use.

The additive, which is used to cloud and stop separation in some drinks, has been banned in most of Europe for decades and Japan recently discontinued its use. However, BVO continues to be used in popular drinks sold in Canada, including some flavours of Gatorade, Powerade, Fresca, Mountain Dew and Amp Energy Drink.

BVO is classified as a food additive, but there is limited knowledge of its composition, researchers have said. It does contain bromine, which is also in flame retardants and has been found to build up in body lipids. A Health Canada spokesman said there are no health risks associated with BVO when it is used according to regulations, which sets out that 15 parts per million can be used in citrus or spruce-flavoured beverages.

TORSTAR NEWS SERVICE

Market Minute



DOLLAR
101.45¢
(-0.21¢)

Natural gas: \$3.39 US (+3¢)
Dow Jones: 13,350.96 (+115.57)



TSX
12,334.34 (+52.99)



OIL
\$87.93 US (+73¢)



GOLD
\$1,670.70 US (-\$27.50)

Israel, Google launch Dead Sea Scrolls digital library

More than six decades since the discovery of the Dead Sea Scrolls — and thousands of years after they were written — Israel on Tuesday put 5,000 images of the ancient biblical artifacts online in a partnership with Google.

The digital library contains the Book of Deuteronomy, which includes the second listing of the Ten Commandments, and a portion of the first chapter of the Book of Genesis, dated to the first century B.C.

Israeli officials said this is part of an attempt by the custodians of the celebrated manuscripts — often criti-

Quoted

"Only five conservators worldwide are authorized to handle the Dead Sea Scrolls. Now, everyone can touch the scroll on screens around the globe."

Shuka Dorfman, director of the Israel Antiquities Authority

cized for allowing them to be monopolized by small circles of scholars — to make them broadly available.

The scrolls, considered one of the most significant archaeological finds of the 20th century, are thought to have been written or collected by an ascetic Jewish sect that fled Jerusalem to the desert

2,000 years ago and settled at Qumran, near the shore of the Dead Sea. The hundreds of manuscripts found in caves near the site have shed light on the development of the Hebrew Bible and the origins of Christianity.

Google says the new digital library took two years to assemble.

THE ASSOCIATED PRESS

Online shopping

Santa's little helper: Canada Post chalks up delivery record

Canada Post delivered a single-day record of one million parcels across Canada last Thursday, underlining moves by the federal Crown corporation to take advantage of a growing trend.

The single-day record represented an 11 per

cent increase over the previous year's busiest day, Canada Post said.

And with seven days left before Christmas Day, Canada Post expects to deliver an additional 4.4 million parcels by the evening of Dec. 24.

"Achieving this milestone confirms that we are successfully repositioning Canada Post to serve the emerging needs of Canadians," said Jacques Cote, group president of the physical delivery network at Canada Post.

In recent years, Canada Post has made major investments in new equipment.

"Our investments in modern equipment, flexible and motorized delivery methods, community mail and parcel boxes are paying off," Cote said.

He noted that an estimated \$8 billion worth of physical goods is ordered online in Canada each year for residential delivery, a figure forecasted to grow to more than \$15 billion by 2016.

THE CANADIAN PRESS

THE SALVATION ARMY

DONATE AND MAKE A DIFFERENCE IN SOMEONE'S LIFE.
FILLTHEKETTLER.COM

CUDDLE PARTY MARKS END OF WORLD



JUST SAYIN'
Paul Sullivan
metronews.ca

Looking for something to do the day the world ends? How about a Cuddle Party? There's one on the Last Day, this coming Friday, somewhere in Calgary. To ward off cuddle

krashers, you don't get to know the final location until you pay your 20 bucks and sign up. Then, apparently, you turn up in your pyjamas ready to cuddle. Or not.

WTF? You don't know about Cuddle Parties? Well, let me bring you up to speed. The Cuddle Party is the brainchild of two New York relationship counsellors (you're surprised?), Reid Mihalko and Marcia Baczynski, who started them in their "tiny Manhattan apartment" in 2004. They spread immediately to the Left Coast, and from there to Vancouver and Calgary, the apparent, er, hot bed of Canadian cuddling.

In a nutshell

The idea is to bring a bunch of people together, most of them total strangers, and create a group grope that stays on the disappointing side of sexuality throughout.

Those eastern bastards may have to freeze in the dark, but Calgary has Cuddle Power to keep it warm.

The idea is to bring a bunch of people together, most of them total strangers, and create a group grope that stays on the disappointing side of sexuality throughout.

Organizers are adamant. No sex. According to the Rules (and there are plenty of them), if you get turned on, just wait and it will go

away. So they say. Just to make sure: no alcohol or shorts allowed. Pyjamas with drawstrings — this is a lace-free zone.

The first 40 minutes of the event involves a presentation on How to Cuddle, giving leery participants enough time to work up the courage to cuddle some guy you might not care to sit next to on the bus, especially considering the way he's looking at you.

But don't worry! By the end of the evening, you'll have discovered the Joy of Cuddling and will be prepared to cuddle anyone or anything. Or not. One of the features of the Cuddle Party is that it offers participants an opportunity to learn how to say NO in the clinch. Each touch essentially has to be negotiated in advance. If the cuddlee says yes (not yes! yes! yes!) then the cuddler can proceed with some respectful, non-sexual touching.

This advanced course in touching strangers leads to a lot of (painfully) sincere, convoluted language from participant testimonials on the website cuddlepary.com about learning to say no in order to say yes, or is it the other way around? And about how cuddling is not always about sex and various other things guys will say when they hope to get lucky.

Look, I can't think of anything I'd rather do less on my last day on Earth than cuddle with the cast of Portlandia, but that's just me. I can Just Say No, can't I?

But you go ahead and get to yes. Just remember, that's all you're getting.



If you haven't heard of Cuddle Parties yet, get well acquainted. CUDDLEPARTY.COM

This looks a bit fishy



KIM PRESTON/REX FEATURES

'Animal' photography

Plastic shot to look like sea creatures

This image of odd-looking sea creatures would have marine biologists baffled, but it in fact shows an everyday object shot to represent sea animals. The project, titled Plastic Pacific, was created by Australian artist Kim Preston, 33, who wanted to draw attention to the devastating effect of plastic buildup in oceans around the globe. **METRO**

Artist's viewpoint

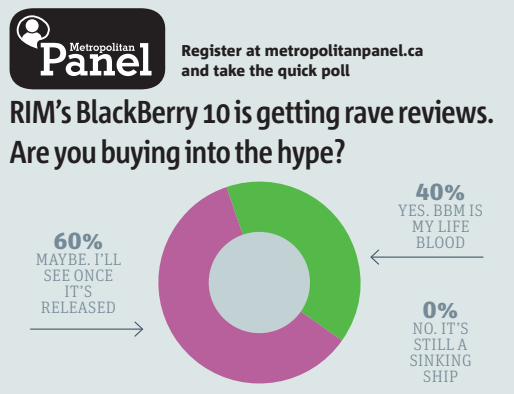
"I hoped that the prettiness of the images would draw people in more than if I showed the far uglier reality."

Kim Preston, digital designer and illustrator, 33, from Melbourne
Passionate about the preservation of our oceans, Preston added that "this is a photographically based rant against the irresponsible overuse of plastic. I recently obtained a scuba-diving certificate in Indonesia and seeing all of the plastic caught on the reefs inspired this project."

Process of photograph

Creativity used to shoot under budget

Shot in her garden shed, Preston used a blue fabric as the backdrop and hung all the objects from a clothes rack while she photographed them. For the shower caps, she would quickly blow into them before snapping a shot with a wireless shutter release. She had planned to shoot the series inside a fish tank, but her lack of budget forced her to become more creative. **METRO**



Twitter

@AbbeyHollinger7:

A man in Halifax walking around naked... Yes his jingle bells were hanging out ;) #social

@ChristieRoseH:

Always impressed with the staff at @porterairlines, great customer service in Halifax!

@VulgarViking:

The rain has started in Halifax! Thanks for messing up my planned outdoor exercise Moth-

er Nature! No really, thanks! :-) @weathernetwork

@CrystalPebbles:

Not looking forward to heading out in the rain. Dear #Halifax, why must you weather?

@LetaLowthers:

Alright Halifax Leta get this traffic moving, I'm starving. #soimpatient

Apocalypse now?

The end of the world may or may not be upon us, but Hollywood has been preparing us for this moment for decades. The higher the stakes, the bigger the drama, and there's no higher stakes than the fate of the entire world. So here's our picks for the best movies about the end of the world.

NED EHRBAR
scene@metronews.ca

1. Children of Men (2006)

Alfonso Cuarón's adaptation of P.D. James' novel about a world unraveling after women stop being able to get pregnant is a masterpiece, a gripping and hyper-realistic look at how society deals with calamity. The real tragedy is how little attention it got upon its release. Watch it now, while you still have time.



2. Dr. Strangelove or: How I Learned to Stop Worrying

and Love the Bomb (1964)



Stanley Kubrick made it OK to laugh in the face of possible nuclear annihilation with this pointed satire of escalation and mutually assured destruction, culminating with Slim Pickens' famous ride on a warhead.

3. Melancholia (2011)

Dazzling visuals and an impressive, against-type performance by Kirsten Dunst buoy this divisive film from Lars von Trier about a family trying to get through a wedding while a rogue planet hurtles toward Earth, threatening total annihilation.



4. The Cabin in the Woods (2012)



Spoiler alert: Drew Goddard's hilarious, twist-filled take on horror movies (co-written by Joss Whedon) is more than it seems.

5. Last Night (1998)

A quiet, delightful indie precursor to Seeking a Friend for the End of the World, Don McKeller's film gives a distinctly Canadian look at the end of the world. Toronto residents have had months to prepare, so there's little need for panic.



6. The Road (2009)



A gut-punch of a film, John Hillcoat's screen adaptation is just as chilling and stark as the Cormac McCarthy novel on which it is based. The world may not actually end in this one, but from the looks of what's become of things, it might as well have.

7. Seeking a Friend for the End of the World (2012)

A refreshing take on the asteroid headed to Earth plot, this road movie with Steve Carell and Keira Knightley is surprisingly charming — and features a barrage of comic cameos as the main characters head out across the country with three weeks to live.



8. On the Beach (1959)



Long before CGI could render total destruction in realistic detail, we had Gregory Peck and Ava Gardner waiting out the end in Australia after a global nuclear war in this Cold War-era drama, notable for its non-Hollywood ending.

Movie review

A Guilt Trip down the middle lane

The Guilt Trip

Director. Anne Fletcher

Stars. Seth Rogen, Barbra Streisand



What made The Guilt Trip an interesting premise also ultimately works against it. Sure, crafting a road-trip comedy with Barbra Streisand as mother to Seth Rogen's coddled adult son may attract fans from disparate camps, but by skirting down the middle, the comedy ends up compromised for both sides. Ultimately, the Babs side wins as Streisand's overbearing Jewish matriarch makes Rogen look like he's just holding back. STEVE GOW/METRO

Week of Armageddon

Check out Metro all week for more stories of apocalyptic proportions.

2 SCENE

Now I know why
Santa
needs a sleigh.

With over 160 shops and services under one roof, a visit to Nova Scotia's biggest shopping experience should be a part of everyone's holiday tradition.

H&M
AÉROPOSTALE
JACK & JONES
AMERICAN EAGLE OUTFITTERS
Bath & BodyWorks
ALDO
boathouse



Channing Tatum's wife Jenna Dewan-Tatum has a bun in the oven.

ALL PHOTOS GETTY IMAGES

'Sexiest Man Alive' reproducing

Capping off an amazing year that's included several hit movies and a Sexiest Man Alive title, Channing Tatum is now gearing up for fatherhood. Tatum's wife, Jenna Dewan-Tatum, is expecting the couple's first child sometime next year, their rep con-

firmed to People magazine. And it may not be the last.

"I'm ready. I think she's ready," Tatum recently told the magazine. "The first number that pops into my head is three, but I just want one to be healthy and then we'll see where we go after that."



Mila Kunis was one of hacker Christopher Chaney's victims.

Celeb hacker gets 10 years

Christopher Chaney, the man responsible for hacking the email accounts of more than 50 celebrities and posting their intimate photos online, has been sentenced to 10 years in prison, according to E! News.

Chaney was also ordered to pay restitution fees of \$66,179 by the judge, who admonished Chaney for his "callous disregard to his victims" during the hearing. His famous victims included Scarlett Johansson, Miley Cyrus, Jessica Alba and Mila Kunis.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Bend it like Burberry? The 10-year-old kid of Posh and England's soccer superstar will be one of the new faces of the British luxury label come 2013.

Romeo, Romeo, wherefore art thou Beckham?



THE WORD
Dorothy Robinson
scene@metronews.ca

Maybe he's just not that good with a soccer ball?

It was announced this week that at only 10 years old, David and Victoria Beckham's son Romeo Beckham is the "baby face" of Burberry's spring/summer '13 campaign, joining a long list of models and stars who have fronted ads for the house, including Cara Delevingne, Edie Campbell and Eddie Redmayne. "We had such fun shooting the campaign and I think that comes through in the images, which really reflect the upbeat spirit of the collection," Burberry's creative director Christopher Bailey says.

Perhaps Burberry really wanted his dad, David Beckham, but then decided they wanted to go with someone who has more of a mature, male voice?

In other news:
A 2012 coming-out recap

Who: Anderson Cooper, journalist.

How: In an email to blogger Andrew Sullivan.

What was said: "The fact is, I'm gay," Cooper wrote. "Always have been, always will be, and I couldn't be any more happy, comfortable with myself and proud." Cooper, who was the subject of rumours for years, addressed his silence in the email. "I have given some the mistaken impression that I am trying to hide something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true."

Who: Wade Davis, a cornerback who spent four pre-seasons with three NFL teams.

How: In an interview with Outsports.com.

What was said: "You just want to be one of the guys, and you don't want to lose that sense of family," Davis said about not coming out sooner. "Your biggest fear is that you'll lose that camaraderie and family." There has yet to be an openly gay player in any of the four major American professional leagues.

Who: Lee "Uncle Poodle" Thompson, redneck.

How: Just by appearing on Honey Boo Boo.

What was said: Thompson's homosexuality isn't a huge to-do on the show; he's out and proud. As Alana says in the season finale, "ain't nothin' wrong with bein' a little gay."



E.T. star is adult enough to admit she still makes mistakes.

Drew still a kid at heart

Drew Barrymore has done a lot of growing up, but that doesn't mean she feels like an adult.

"The mistakes, the potholes, the journeys, the

bad patterns — all of it is so much clearer to me now, but I still don't totally feel like a grown-up," the 37-year-old new mom tells Allure magazine. "Maybe I never will."



Zoey Deschanel and Death Cab for Cutie's Benjamin Gibbard are never, ever, getting back together.

Cutie divorce finalized

Zoey Deschanel's marriage to Death Cab for Cutie frontman Benjamin Gibbard is officially over, with the former couple formalizing their divorce in a Los Angeles court last week, just over a

month after separating, according to E! News. And the New Girl star appears to already be moving on, having been spotted recently walking hand-in-hand with new screenwriter boyfriend Jamie Linden.

Twitter



@SteveMartinToGo

Still not feeling funny, nor is funny feeling appropriate.



@Sethrogen

After watching Homeland and Zero Dark Thirty, I'm really thinking the CIA should release a line of sexy lady's pantsuits.



@BryanSinger

I can't seem to tweet without misspelling something. :(



@AlbertBrooks

Gerard Depardieu gives up French citizenship and moves to Belgium. Taxes or waffles?

COVERGIRL®

INTRODUCING
P!NK

BLAST YOUR VOLUME!
200% MORE VOLUME.
ZERO CLUMPS!
new clump crusher

Watch it crush at youtube.com/covergirl
 easy breezy beautiful COVERGIRL



clump crusher

Lashes stylized with inserts.

SAVE
\$2 (two dollars)
 WHEN YOU PURCHASE ANY COVERGIRL PRODUCT



DEALER: We will reimburse the face value of coupon plus our specified handling fee provided you accept it from your customer on purchase of brand specified. Other applications constitute fraud. We in our sole discretion may refuse reimbursement where we suspect fraudulent redemption has occurred. Applications for reimbursement received after 6 months from expiry date as indicated on this coupon, will not be accepted. Reimbursement will be made only to retail distributors who redeemed coupon or holder of Procter & Gamble certificate of authority. For redemption mail to: P&G, P.O. Box 3000, Saint John, N.B. E2L 4L2. GST/HST/OST and Provincial Sales Tax (where applicable) are included in face value of coupon.

PROCTER & GAMBLE INC., TORONTO, ONTARIO
CONSUMER: LIMIT ONE COUPON PER PURCHASE of products and quantities stated. Use of more than one manufacturer coupon per product is strictly prohibited. Coupons not authorized if purchasing products for resale. Void if transferred, sold, auctioned, reproduced or altered from original. Any other use constitutes fraud. You may pay sales tax. Do not send to Procter & Gamble. P&G accepts no liability for printing errors or omissions. **Valid only in Canada.** No cash or credit in excess of shall price may be returned to consumer or applied to transaction.
 © 2012 P&G



63767706

MANUFACTURER COUPON EXPIRY DATE: MARCH 31, 2013

This holiday season, think South Pole instead of North

Icy wonderland. While Santa's homeland might be on our minds right now, Antarctica's unspoiled landscape beckons travellers

DOUG WALLACE
life@metronews.ca

Who owns Antarctica? The penguins, of course — several million of them (cute little devils, too). At 1.4 times the size of Canada, the seventh continent to tick off your bucket list is rich with incredible wildlife, pristine vistas and amazing history. With the season stretching from the end of November to the beginning of March, and January temps hovering at zero around the northern part of the Antarctic Peninsula, this trip south could be your chance to be a real snowbird this winter.

The starting gate

The expedition begins with an overnight in Ushuaia, a small city of 65,000 at the bottom of Argentina that bills itself as the "city at the end of the world." Just a few kilometres from Tierra del Fuego National Park, it was originally founded as a prison colony, and the old prison has been converted into a museum complex, which includes a full wing on Antarctica.

The ship

Most of the cruise ships that

serve Antarctica are a smaller variety, great for squeezing through ice-filled canals. Toronto-based Quark Expeditions has been ferrying people across the notorious Drake Passage for 20 years, with a comfortably high guest-to-crew ratio and an excellent track record. On-board experts share their knowledge of ornithology, marine biology, zoology and geology with insightful talks during downtimes on the voyage down and back, as well as throughout the trip. Photography courses help guests get that perfect shot, and a wellness program includes yoga classes and massage therapy.

The crowd

A truly international crowd makes this trek — from the fleece-clad adventurers to the retirees bored with the Caribbean to the young marrieds getting in some travel miles before they start a family. "Antarctica captures people's imagination regardless of their age, and people come with different goals," says Quark expedition leader David Wood.

Visiting scientists gathering data could well accompany you on your excursions, and are eager to talk about their work.

The excursions

After two days at sea, when you reach land-ho, out come the Zodiac pontoon boats. Twice daily spins around the various harbours and bays, plus landings on islands that dot the Antarctic Peninsula as well as the continent itself,



Hikes around the islands of Antarctica reveal breathtaking views. ALL PHOTOS: TIM STEWART

make for a flurry of activity. Sea kayaking is a great way to interact with the scenery and connect with the water and the wildlife. Penguin colonies, secluded bays of berg-filled waters, lazy seals on thick ice floes, majestic birds, gorgeous glacial ice sculptures, rocky peaks — the photo ops are beyond stunning.

The eco-friendliness

All Antarctica tour operators uphold the same objectives to keep the region as pristine as possible, following directives outlined in The Antarctic Treaty, which was signed in 1959.

Among other things, this involves preventing the introduction of non-native species to the



The penguins are the real stars of the cruise, entertaining travellers with their antics.

area, be it plants or disease.

Travellers step through a disinfecting boot bath getting on and off the ship. You leave zero evidence of ever having

If you go...

- **Tours.** For 2013-2014, Quark Expeditions has a few new adventures, including a Greenland cruise and a Falklands, South Georgia and Antarctica voyage that departs from Buenos Aires. It features the first-ever Polar Floating Documentary Film Festival, and was just voted one of Wanderlust Travel magazine's 50 Best Trips of 2013. Check it all out at quarkexpeditions.com.

stepped on Antarctica, except for your footprint.

Come in and get swept away in the Good Life
Treat yourself or purchase a Gift Certificate for someone special

<p>Laser Hair Removal Unlimited for 6 months (any body area) ONLY \$499* Reg. \$3000</p>	<p>Mani & Pedi plus Facial & Half Hour Massage 3 Hour Service pkg ONLY \$100* Reg. \$177</p>
<p>Spa Mani & Pedi plus Half Leg Wax ONLY \$60* Reg. \$125</p>	<p>Foils (Half Head) ONLY \$60* Reg. \$100 (Includes cut & style)</p>

Merry Christmas from our family to yours

264 Bedford Highway, Suite 205
(902) 443-6093 • www.ldvdayspa.com

*Offers valid with presentation of this ad. Prices do not include HST and cannot be combined with other offers.

Scenic Ireland
9 Day Tour ~ September 13

Tour highlights and inclusions:

- Return airfare from Halifax to Dublin
- 9 days Scenic Ireland Tour with Trafalgar
- Transfers from airport in Dublin to hotel and return
- First class hotel accommodations
- All hotel service charges, tips, baggage handling fees and local taxes
- Travel by luxury air-conditioned coach
- Services of a professional Travel Director
- 7 full breakfasts, 2 lunches and 3 evening meals
- Sightseeing highlights: Dublin, Cashel, Blarney Castle, Dingle Peninsula, Ring of Kerry, Adare and Kildare.

Price from Halifax: \$2469 per person

Price is per person, departure from Halifax to Dublin and return. Taxes are extra. Price includes Book and Pay in Full Discount when done so prior to February 28/13. Deposit due at time of booking \$400. See branch for complete details.

Price includes:
Book & Pay in Full Discount by **FEBRUARY 28th**

One Day Sale!
Wednesday January 9th 9:00 - 8:00 pm

Carlson Wagonlit Travel
Spring Garden Place, Lower Level
425-3200
www.cwtravel.com

Travellin' Canadian Darren Parkman tries life in the fast lane

Las Vegas. Forget gambling and partying, whizzing around a racetrack in a \$300,000 car is one of Sin City's biggest thrills



THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

As if endless bars, glitzy shows, and nerve-racking blackjack weren't enough, there's an even more exciting way to get the adrenaline pumping in Vegas.

How about putting pedal to metal behind the wheel of a \$300,000 racing Ferrari?

If you've got the nerve, the skills and several hundred dollars, Dream Racing at Las Vegas Motorways is for you.

A little backstory: My first

car was a beloved '73 Pinto, so I'm no Mario Andretti behind the wheel. Still, I couldn't resist the urge to at least pretend I was, and hopefully emerge in one piece.

Located less than a half hour from the strip, LV Motorways is a genuine race track, complete with grand stands and a challenging track. After a brief but intimidating car simulator session, I found myself suiting up and strapping into an honest to goodness real Ferrari F-450 GT race car.

Just the roar of the engine was enough to strike fear into my heart. Luckily, an experienced driver was right beside me in the passenger seat, shouting commands through my headset and telling me when to hit the gas. And hit the gas I did. Ever wonder what it feels like to be inside a launching rocket? I don't wonder anymore.

All the while, my driving instructor is yelling for me to gear up or gear down with the steering column paddle. Probably

Other Las Vegas adventures

- **Indoor skydiving.** Suit up and dive into a tube with a giant fan blasting you upwards. Simulates actual skydiving and free falling. The fan generates winds up to 193 kilometres per hour.
- **Freemont St. zipline.** Soar above the most historic street in Vegas. Flightlinez offers rides for only \$20 nightly after 6 p.m.

the single coolest moment was when I took my first corner at full throttle. Whereas most cars would probably roll multiple times at this point, this amazing Ferrari felt like it was glued to the track even on a sharp bend.

This experience is well worth the price of admission. And I don't miss that Pinto anymore.



Darren Parkman has a need for speed at the Las Vegas Motorways. CONTRIBUTED/DARREN PARKMAN

Available anywhere.
Download the NEW Metro app today.

EARLY BOXING DAY SALE!
HOT HOLIDAY VACATION DEALS

Get on it!

MORE SUN FOR EVERYONE

\$599

AS LOW AS

7 NIGHTS ALL-INCLUSIVE

GET THE BEST DEALS OF THE SEASON! BOOK BY DEC 24

VARADERO \$599 Tue, Feb 26 • + \$281 tx/fees HOLGUIN \$649 Fri, Mar 15, 22, 29 • + \$281 tx/fees	VILLAS JIBACOA *** CLUB AMIGO ATLANTICO *** GUARDALAVACA NOLIPLUS ***	PUERTO PLATA \$649 Mon, Feb 18, 25 • + \$392 tx/fees RIVIERA MAYA \$959 Sat, Mar 16, 23 • + \$347 tx/fees	COFRESI PALM BEACH & SPA RESORT NOLIPLUS ****1/2 BLUEBAY GRAND ESMERALDA NOLIPLUS ****1/2
---	--	--	--

Talk to your travel agent or visit **nolitoours.com**

Find us on: **facebook** | **CONTACT YOUR TRAVEL AGENT** | **marlin travel** marlintravel.ca | **FLIGHT CENTRE** Unbeatable | **Sears** travel.ca | **tripcentral.ca**

1 877 585 1040 | In-store | 1.866.359.7327 | 1.800.665.4981

Flights are from Halifax via Air Transat or CanJet. Prices shown are per person, based on double occupancy in lead room category. Space and prices are subject to availability at time of booking and subject to change without prior notice. Taxes and fees are extra and noted above. For full descriptions and terms and conditions, refer to the Nolitoours 2012-2013 Sun brochure. Nolitoours is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in Ontario (Reg #50009486) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8.

Cocktails of the Week

Fig and Maple

Something about fig and maple syrup just goes together. And when you add a little liquor, you have a delicious and warming combination that is perfect for those nights when you're curled up in front of the fire.

- 2 fresh or dried fig
- 1 tbsp ginger marmalade
- 1 oz hot water
- 2 oz Bombay Sapphire
- 2 oz fresh lime juice
- 2 oz ginger beer
- 1 oz maple syrup

1. In a shaker, muddle fig with ginger marmalade and water. Add Bombay Sapphire, fresh lime juice, ginger beer and maple syrup. Add ice and double strain into glass.

PHOTO
AND
RECIPE
COURTESY
BOMBAY
SAPPHIRE



Roasting chestnuts on an open fire



THE CANADIAN PRESS/HO

Do people really roast chestnuts?

Yes, says Linda Grimo of Grimo Nut Nursery in Niagara-on-the-Lake, Ont. But the easiest way to do them is on the barbecue, she says. Nuts have been part of the holiday tradition for centuries, with both religious and pagan origins cited by various sources. Although cooks tend to incorporate them in dishes throughout the year, they are a staple of holiday entertaining.

There are options aside from roasting

Sautéing peeled chestnuts in a frying pan is an alternative to barbecuing. If you boil them briefly first, the nuts will "pop right out" of the skin, says Grimo. She cooks them in butter for at least 10 minutes, adding sugar to caramelize them for a sweet treat or garlic or onions if she wants to add them to vegetable or meat dishes.

Can-uts

The only two types of nuts grown here commercially are hazelnuts and heartnuts — in very small quantities. Peanuts also are grown, but they're not really nuts. They're a legume and part of the bean family. It's a mystery to Grimo. "Nuts are so easy to farm and very profitable," she says. But farmers have been slow to pick up on the opportunity.

Storage

Store-bought nuts in the shell or in jars can be stored at room temperature, but freshly harvested nuts have a high moisture content and need to dry out. Grimo advises people who pick black walnuts, for example, to hang them in a burlap sack in the furnace room for three weeks, preferably with a small fan near them to circulate air through the bag. Chestnuts are the exception and should always be stored in the refrigerator.

The weigh in

Nuts are very good for us, says dietitian Doug Cook, and since they all have different nutrients in varying degrees, eating a variety is best. Ounce for ounce, nuts contain between 150 and 200 calories. The number of servings per person should depend on age, activity level and body weight. **THE CANADIAN PRESS/DOUG COOK, DIETITIAN AND DIRECTOR OF THE TORONTO CHAPTER OF HEALTHCASTLE.COM.**

101.3 THE BOUNCE

15 minutes of fame!

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Ruby!

Discovered this week:

- ★ Sonya from Dartmouth
- ★ Chelsea from Halifax
- ★ Angela from Dartmouth
- ★ Melanna & Brenton from E Passage

Interactive NINE@9

1013TheBOUNCE.com
Info@1013thebounce.com

Get the BOUNCE Mobile app here



GREAT PRICES ON ALL YOUR PARTY FAVOURITES!

Clearwater Seafoods Bacon Wrapped Scallops (340 gram pkg. Reg. \$14.99/pkg) SALE \$9.99/pkg (Cook from frozen, ready in 20-25 minutes)	King Crab Legs (Cooked - 680 gram bag) Reg. \$39.99 per bag NOW \$29.99 per bag (Just thaw and eat this tasty treat!)	Give the Gift that is Sure to Please! CLEARWATER GIFT CERTIFICATES THE PERFECT FIT!
Cooked Lobster Meat (Frozen 6 oz pkg - Claw & Knuckle) Reg. \$14.99/pkg SALE \$8.99/pkg (Great Value!)	Premium Hardshell Lobster (Top Quality 1.25 - 1.5lb avg.) Live \$5.99/lb Cooked \$6.25/lb	Raw Shrimp (21/25 count - peeled & deveined) Reg. \$12.99/lb SALE \$9.99/lb

Great for entertaining! SMOKED Maple SALMON STIX
 (Frozen 10 oz pkg - 10 pieces)
SALE \$0.99 each

Clearwater

902.443.0333 757 Bedford Hwy 9am - 7pm (7 Days a Week)

902.873.4509 Halifax Int. Airport 5am-9pm (7 Days a Week)

www.clearwater.ca

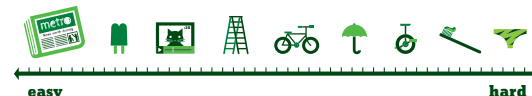
Plan a Memorable Holiday Party!

Treat guests to their favourites

KEL'S DELI Quality Fresh Meats & Specialty Deli Products

171 Wyse Road, Dartmouth • (902) 464-5357

Sharability



Halfway in and having some doubts?

School switcharoo.
It's not uncommon for mixed feelings to make their way into the minds of learners

CHRISTINA
PELLEGRINI
TalentEgg.ca

So your college or university major isn't what you thought it'd be. Maybe the career opportunities you thought you'd have haven't panned out. Or perhaps you've discovered a new interest.

Fall classes may be over, but there's still time to meet with an academic advisor and change your winter schedule to pursue a new major or specialization.

According to the University of Calgary, the majority of university students switch their majors at least once. Reasons vary from not being hired to discovering new interests to just plain uncertainty.

What should you do if you're interested in something else?
It's easy to follow your friends, study what your parents tell you to or pursue a career based



Be cautious of stacking your schedule with similar classes. Try to study a variety of subjects to get a wider perspective and discover your other interests earlier. ISTOCK

on how much it pays. But you have to deal with your career choices, Toronto-based community manager Stephanie Fusco says.

Fusco studied politics at Queen's University and hoped to go to law school since she was in high school. But in a fourth-year political communications seminar, she realized that she loved strategy, speech writing and communications

more. She graduated from Queen's and later pursued her passion and earned a post-graduate certificate in public relations from Humber College.

"I knew I made the right choice when I found myself putting more effort into my Humber application than I was putting into worrying about whether I'd get into law school," she says. "I'm sure I'm

doing what I'm supposed to do and my career is on a path I'm very happy with."

Maybe there's an aspect of your major you love. It may take some reflection or experimentation to figure it out, but try to pursue a degree and a career in the aspect that interests you the most, Fusco adds.

What should you do if you're not sure?

Drawn to different choices

"I knew I made the right choice when I found myself putting more effort into my Humber application than I was putting into worrying about whether I'd get into law school."

Stephanie Fusco
Toronto-based community manager

If you're unsure about your interests or aspirations, choose an undecided major. According to the University of California, students who enter college with an undeclared major change their focus fewer times than students who declare their major. So when you do make a decision, you'll make it count.

What should you do if you weren't recruited this fall?
Many large companies have already filled their entry level or leadership program positions by now. Don't panic if you haven't been hired. Take rejection as an opportunity to assess your inter-

ests, goals and options.

When an accounting firm didn't recruit Nick Guadagnolo last year, the then aspiring auditor and fourth-year accounting student at the Schulich School of Business enrolled in organizational behaviour and marketing classes in his final semester instead.

"An accounting specialization without a CA designation was not what I wanted," Guadagnolo says. "I excelled at, and quite frankly derived so much more pleasure from, the not-so-numerical aspects of the BBA degree."

He studied things like sports marketing, crisis management and operating a family business. He wrote the LSAT in June, applied to law school this fall, travelled frequently and continues to work part-time in HR. For Guadagnolo, there is credence to a plan of action that doesn't involve immediately jumping into the fray. It sounds scary now, but maybe the same applies to you too.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

WagJag.com

GET DEALS ON THE GO!



Save
92%

OFF ONLINE COURSE

\$39 FOR A 14-HOUR ONLINE DIGITAL PHOTOGRAPHY OR ADOBE CERTIFICATION COURSE FROM PHOTO ART STUDIO (A \$508 VALUE)

PHOTO ART STUDIO

MORE GREAT DAILY DEALS,

- 53% off Comedy at Yuk Yuk's
- Up to 60% off Online Language Courses
- Up to 63% off a Cashmere Scarf

Sign up AND START SAVING, TODAY!

Visit **WagJag.com**

Follow us



All-Inclusive Luxury in Cuba with RIU
Riu Playa Turquesa, Holguin, Cuba

Exclusively Provided by: Sunwing

- Departure date: February 13, 2013
- Buy Before: December 20, 2012

All offers subject to availability & other conditions. Please visit www.jaunt.ca for details. Gratuities are not included



Fulfillment services provided by Jaunt.ca Inc.
890 King Street West, Suite 400, Toronto, Ontario, M5V 1H3
TICO Registration No.: 50020132

All in good fun for Mooseheads coach

Opposing sides.

Dominique Ducharme to be on opposite bench of young stars at top prospects game



PHILIP CROUCHER
philip.croucher@metronews.ca

Dominique Ducharme on one bench, Nathan MacKinnon, Jonathan Drouin and Zach Fucale on the other.

[This is what fans can expect at the Home Hardware Top Prospects Game on Jan. 16 at the Metro Centre after the Halifax Mooseheads coach was named to the coaching staff for Team Orr on Tuesday.

"For once, I'll see how the other coaches feel when they play us," Ducharme said with a laugh about matching up against his three young stars.

Ducharme was one of five assistants named to the two teams on Tuesday by the Canadian Hockey League.

Former Montreal Canadiens forward Mike McPhee is coaching Team Orr, with Ducharme and former NHL head coach and Sportsnet hockey analyst Doug MacLean as his assistants.

Don Cherry is coaching Team Cherry, with former

Mooseheads' staff picked

It was also announced Tuesday athletic therapist Diane Ouimet and equipment manager Chris MacDonald, both of the Halifax Mooseheads, will work with Team Orr.

Wrist healed

Abeltshauser expected back next week

The Halifax Mooseheads will have overage defenceman Konrad Abeltshauser back in the lineup next week.

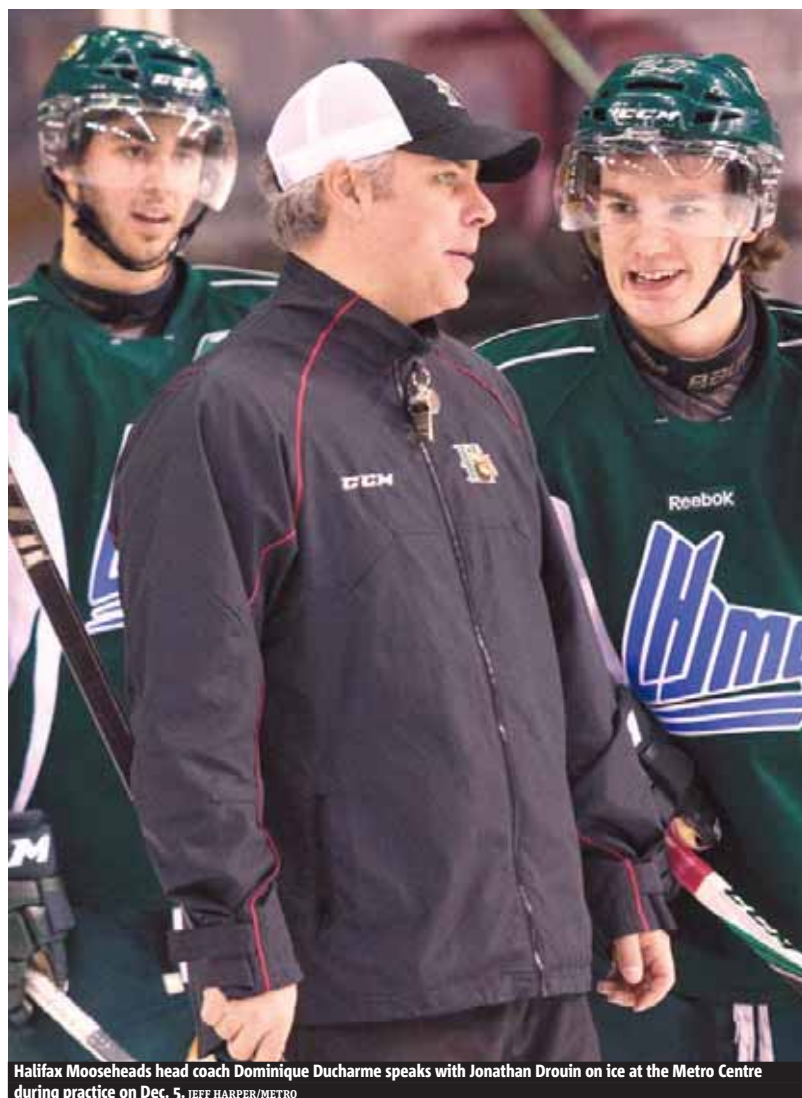
Head coach Dominique Ducharme said Tuesday his No. 1 defenceman will miss Friday's game in Saint John against the Sea Dogs, but will play Dec. 28 in Cape Breton against the Screaming Eagles.

Abeltshauser has been out of the lineup for the past month with a broken bone in his wrist. The San Jose Sharks draft pick has one goal and 26 assists in 23 games this season.

NHL tough guy and Sportsnet analyst Nick Kypreos named as one of his assistants. The others are Hockey Hall of Famer and legendary Ottawa 67s coach Brian Kilrea, and long-time team assistant Bert O'Brien.

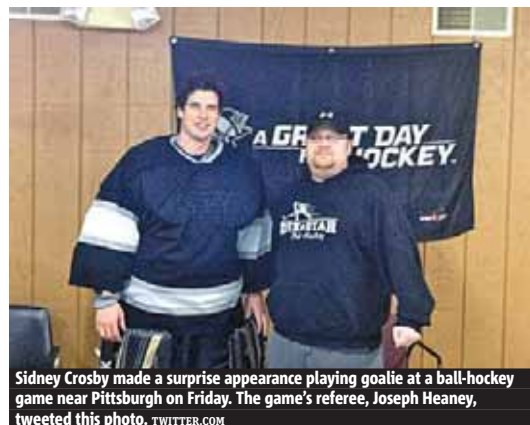
"I will probably put in a little challenge," Ducharme said of going up against MacKinnon, Drouin and Fucale, who were previously announced as members of Team Cherry. "We'll just have fun with it."

A sold-out crowd is expected for the game, with 40 top prospects for next year's NHL draft taking to the ice. Team Orr is led by Portland Winterhawks defenceman Seth Jones, who along with MacKinnon, is considered a potential first overall pick in the 2013 NHL draft.



Halifax Mooseheads head coach Dominique Ducharme speaks with Jonathan Drouin on ice at the Metro Centre during practice on Dec. 5. JEFF HARPER/METRO

Crosby goes undercover at ball-hockey game



Sidney Crosby made a surprise appearance playing goalie at a ball-hockey game near Pittsburgh on Friday. The game's referee, Joseph Heaney, tweeted this photo. TWITTER.COM

Sid the Kid won't let the NHL lockout keep him on the bench, even if it means returning to the game in an unlikely fashion.

The Penguins superstar dropped in on some ball hockey last week, donning the goalie pads and posting a shutout against his aptly named opponents, Flyers Suck.

"It was pretty unbelievable," said Joseph Heaney, who was referee at the Dek-Star Dekhockey Center in Ohio Township, northwest of Pittsburgh.

"To have the greatest hockey player in the world standing next to you, it's kind of surreal that he's standing right there,

Quoted

"I waited until after the game to tell everybody. He just wanted to be normal for a change and play with his friends"

Joseph Heaney, who as referee of a ball-hockey game was first to realize that Sidney Crosby was playing goal

playing."

The 24-year-old said Crosby suited up in the parking lot before the Dec. 14 game. Nobody noticed they were in the presence of celebrity until the dying minutes of the second period, when Heaney ran down the

outdoor rink to make an icing call, he said.

He approached the net minder and noticed a flash of familiarity from behind his mask.

"I got the ball from him, and I was like, 'Oh, thanks, man. I don't see you playing goalie for this team usually.' And I looked at his mask, and I was like, 'Holy ...'

"He just started laughing."

For Heaney, there's a bright side to the halted hockey season. It gave him the chance to one day tell his son about the time he shared the rink with Sidney Crosby.

"I couldn't believe how cool he was." TORSTAR NEWS SERVICE

MoneyProvider.com
\$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

Juniors not sleeping on jet-lag issues

Travel concerns. Trip to Ufa, Russia, just one more obstacle on road to world championship

The puck drop for Canada's first three games at the world junior hockey championship in Russia is 5:30 a.m. AST.

Host city Ufa is 10 to 14 hours ahead of the Canadian players' body clocks, depending on what part of the country they're from. A Canadian junior team hasn't travelled this far, or crossed this many time zones, since the 2001 tournament in Moscow. Ufa is another 1,160 kilometres and two time zones to the southeast.

Jet lag and travel fatigue will be major challenges, barriers as significant on the road to gold as the Russians, Swedes and Americans.

Hockey Canada enlisted the expertise of Calgary sleep specialist Dr. Charles Samuels to draw up a plan to combat jet lag and sleep deprivation.



Halifax Mooseheads, from left, Nathan MacKinnon, Jonathan Drouin and Saint John Sea Dog Jonathan Huberdeau look on during team photos last Friday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

"I've met with sleep doctors, sports psychologists, neuro-psychologists," Canadian head coach Steve Spott said. "I've met with just about every doctor possible."

The accepted rule is it takes a day for every hour of time difference to adapt. Samuels aims to accelerate the adjustment.

Travel fatigue gets less attention than jet lag, he says, but for athletes who travel to far-flung places a lot, it can be damaging to performance.

The cumulative effects of extensive travel fatigue the body and mind. Even though the Canadian team is only travelling to Ufa once, the distance and time on planes can catch up with them.

Samuels drew up Canada's plan from a template he created for the Vancouver Canucks in their 2011 Stanley Cup final against the Boston Bruins.

"That's an extreme example, because you're coast to coast, Boston to Vancouver,"

'No screwing around'

The Canadian team is currently in training in Finland, a four-hour time difference from Ufa, Russia. The players were on a strict schedule from the moment the wheels went up on their flight from Calgary on Saturday.

- One of the worst things a team can do, says Samuels, is get on the plane exhausted, but it was inevitable some players would be after selection camp.

- "We really talked about on the flight, eye shades, ear plugs, noise-cancellation headphones — all the pillows and comfort you need and the plane is for rest. No screwing around," Samuels said.

Samuels said. "We take that experience and translate it to this, which is even more extreme."

THE CANADIAN PRESS



Raps snap road skid in Ohio

Cavaliers point guard Kyrie Irving shoots in front of Toronto Raptors forward Alan Anderson on Tuesday night in Cleveland. On the back of Jose Calderon's season-high 23 points, the Raptors pulled out their first road win in 11 games, topping the Cavaliers 113-99. MARK DUNCAN/THE ASSOCIATED PRESS

Share the Holiday Spirit and GREAT PRIZES with the Metro Holiday Tree!

Visit metro-tree.ca and create your tree ornament for a chance to win an iPad Mini!

Happy Holidays!

"Apple" and "iPad Mini" are trademarks of Apple Inc. Apple Inc. is not a sponsor of, nor a participant in this promotion. To register and for full contest details, visit www.metro-tree.ca

IN SUPPORT OF THE CANADIAN TESTICULAR CANCER ASSOCIATION

MANATHLON

HALIFAX, NS APR 05, 2013

#Testicular cancer is the number one type of cancer found in young men. It's never too early to #GetTested.

@themanathlon

The Canadian Testicular Cancer Association themanathlon.ca

IT'S BACK! FROM DEC. 17TH TO DEC. 27TH ONLY!



BOXING DAYS EMPLOYEE PRICING YOU PAY WHAT GM EMPLOYEES PAY*



2013 SILVERADO EXTENDED CAB 4WD CHEYENNE EDITION

2013 Silverado Extended Cab LTZ shown.

MSRP ~~\$37,545~~

EMPLOYEE PRICE **\$27,550^{††}**
FREIGHT NOT INCLUDED

PLUS

UP TO **\$3,000[†]**

CASH FOR CLUNKERS

DO YOUR PART FOR THE ENVIRONMENT BY UPGRADING YOUR OLD VEHICLE TO A NEW PICKUP.

Recycle your 2006 model year or older vehicle and receive up to \$3,000* towards the cash purchase, financing or leasing of an eligible 2012 or 2013 Chevy Silverado.



2013 EQUINOX LS MSRP ~~\$26,935~~
EMPLOYEE PRICE **\$24,273^{††}**
FREIGHT NOT INCLUDED



2012 ORLANDO UP TO **\$6,000**
IN CASH CREDITS^{}**
NOT ELIGIBLE FOR EMPLOYEE PRICING

VISIT YOUR CHEVROLET DEALER TODAY for a FIRST LOOK AT OUR 2013 MODELS



THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN COMPONENT LIMITED WARRANTY
160,000 KM • ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION



Save up to \$750 on an eligible new GM Vehicle! ■■



ATLANTICCHEVROLET.CA

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet dealer or call us at 1-800-GM-DRIVE. * Offer available to retail customers in Quebec, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador between December 17th, 2012 and December 27th, 2012. Applies to new 2012 Chevrolet Sonic and Cruze and 2013 GM vehicles excluding 2013 Chevrolet Camaro, Corvette, Volt, Spark, Orlando, Express, Traverse, and Trax. GMC Savana and Acadia, Buick Enclave and Encore, and Cadillac ATS and XTS at participating dealers in Canada. Employee price includes freight and PDI but excludes license, insurance, registration, fees associated with filing at movable property registry/PPSA fees, duties, marketing fees and taxes. Dealer may sell for less. †† Offer applies as indicated to the purchase of 2013 Silverado Extended Cab 4WD Cheyenne Edition/2013 Equinox LS new or demonstrator models and applies only to retail customers in Atlantic Canada. License, insurance, registration, administration fees, tire warranty and handling (where applicable) and taxes not included. Dealers are free to set individual prices. Limited time offers and may change without notice. Freight of \$1,500 excluded from purchase price of \$27,550/\$24,273 for 2013 Silverado Extended Cab 4WD Cheyenne Edition/2013 Equinox LS. Credit will impact the effective APR for finance customers. ** \$6,000 is a manufacturer-to-dealer delivery credit (tax exclusive) for 2012 Chevrolet Orlando. Credit will impact the effective APR for finance customers. † To qualify for GM's Cash For Clunkers incentive, you must: (1) turn in a 2006 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 3 months (2) turn in a 2006 or older MY vehicle that is in running condition and has been registered and properly insured under a small business name for the last 3 months. GMCL will provide eligible consumers with a manufacturer to consumer incentive (tax inclusive) to be used towards the purchase/finance/lease of a new eligible 2012 or 2013 MY Chevrolet Colorado, GMC Canyon, Chevrolet Silverado, GMC Sierra, or Chevrolet Avalanche delivered between October 2, 2012 and January 2, 2013. Incentive ranges from \$1,500 to \$3,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash For Clunkers program you will not be eligible for any trade-in value for your vehicle. ■■ Eligible students or recent graduates receive a Student Bonus credit of \$500 or \$750 (tax inclusive) (credit amount depends on vehicle purchased) to use towards the purchase or lease of one eligible new 2011/2012 Chevrolet, Buick, GMC or Cadillac vehicle delivered between January 4, 2012 and January 31, 2013. †† Limited time offers that may change without notice. Dealers are free to set individual prices. Dealer trade may be required. GMCL (or TD Auto Financing Services/Any Credit/Scotiabank, where applicable) may modify, extend or terminate this offer, in whole or in part, at any time without notice. Conditions and limitations apply. See your GM dealer for details.

Civic hits refresh button



ALL PHOTOS WHEELBASE

Features

The new Honda Civic's feature list is long, so here's some highlights: Bluetooth for audio and device hook-up, heated front seats, read out and respond for text messages and navigation upgraded with voice recognition, plus a "three-view" rear camera. In fact, a rear-view camera is now standard on EX models.



New stylish features

2013 Honda Civic fast facts

- **Sales.** Canada's top selling car line
- **Engine.** 140 hp, 1.8 litre four-cylinder. Si Coupes and Sedans upgraded to 201 hp.
- **Location.** Most models built in Alliston, Ont.
- **Base price (incl. destination).** \$15,400

Style changes

The new model flaunts a degree of exterior style and interior finesse not quite evident on the 2012 Civic. In a mid-cycle refresh like this one, about all you're able to change on the outside are front and rear fascia, hood and trunk panels and the wheels. Honda has done that and all to great effect.

Design

The look is wider and lower — slightly more sporty and premium. It now sports exterior bits you've been seeing on higher-end models, like complex headlights, black mesh grille with chrome accents, integrated fog lights (on higher trim lines) and larger, more horizontal taillights that flow into the sides of the car.

Review. New model has learned from mistakes of 2012 Civic

MIKE GOETZ
Drive@metronews.ca

This newly minted 2013 Honda Civic sedan is one unusual automobile. Not weird like it runs on goat cheese, or some other dairy product.

Unusual in that the refresh bestowed upon it for 2013 comes only one model year after it was completely reborn. About 18 months ago, that all-new and ninth-generation 2012 Honda Civic came out to mixed reviews — not so bad that it had any problem at all retaining its mantle as Canada's top-selling passenger car.

But Honda must have been clearly spooked about its initial reception and the subsequent and serious competitive moves made by its competitors in this all-important compact car segment — Canada's largest. Toyota Corolla and Mazda3

have always battled Civic hard, but now there's a whole new and energetic crowd banging on the door (Chevrolet Cruze, Ford Focus, Hyundai Elantra, Dodge Dart, etc.)

"The days when the Civic was just a car for the first time buyer are gone," says Dave Gardner, vice-president of sales and marketing for Honda Canada. "We're now appealing to a significant number of customers who are downsizing from intermediate or larger vehicles."

On top of everything else it offers, it's quieter on the road thanks to new acoustic measures and the new suspension bits, which also reduce NVH. You could ask, why didn't the 2012 Civic come out the gate this way? Another question you could ask is, why don't other automakers have the cojones to react as fast and effectively to correct a vehicle that is not as good as it could be? Good on Honda to make this move, and good on Civic. Your place on top of the Canadian sales charts will surely continue.



The new Civic is quieter on the road, thanks to new acoustic measures and new suspension.



This model flaunts its new wheels.



The navigation system has been upgraded with voice recognition.

5 DRIVE

Dan's PRND321
TRANSMISSION
485 Windmill Rd., Dartmouth
Under the Mackay Bridge
468-9541
danstransmission.com



Just another toy among thousands? Some car buffs beg to differ. HANDOUT

Pop open a wheelie

The golden olden days. Hobby-grade slot cars continue their cult status with children and adults alike



AUTO PILOT
Mike Goetz
drive@metronews.ca

Christmas morning is always fun. But it can never be as fun as it was on those magical Christmas mornings, when you were in your prime toy-yearning years.

First you don't get the Santa thing. Then, Santa and Christmas morning are everything. Then you gradually get jaded by the whole thing and start getting up later and later on Christmas morning. The window is actually quite small for really getting into it, but when you're into it, you're into it hard.

And it was in that glorious window that Santa once dropped off for me the actual Eldon slot car racing set I feverishly desired.

Net result: best Christmas present ever.

I still have the two slot cars that came with the set — an original Ford Mustang Fastback and a Chevrolet Corvette Stingray Coupe.

Back then (the mid-to-late 1960s), slot car racing sets were one of the prime Christmas toys for boys.

"You'd go to an Eaton's store back then, and there would be four or five tracks set up for kids to play and try," remembers Ernie Mossetti, who has been a slot car retailer since 1988, and a slot car aficionado virtually all his life. "I was born in 1956, and got my first slot car in 1964."

The slot car's reign on top of the toy kingdom didn't last long. Mossetti says things were pretty much over by the late '60s. Slot car sets are now just another toy among thousands. But "hobby grade" slot cars continue their cult status with adult aficionados, and some young folks as well.

Mossetti currently operates two slot car related concerns — raceworldcanada.com and mr.slotcar.ca — the former's an online store and the latter a line of professional grade slot cars designed by Mossetti (he's an industrial designer by trade).

He notes that sets from Germany's Carrera and Britain's Scalextric continue to dominate the current market.

Mossetti says kids don't get exposed to the slot car world like they used to — there is little advertising or promotion. And these days, you have to go to a hobby store or an online store to get your actual slot car stuff. "Fortunately there are still enough dads out there who had one, and who want to buy a set for their kids ... Or say they are buying the set for their kids."

Ouch, I resemble that last remark.

When our son, Jared, was four, he got from Santa a starter Scalextric set, with an Indy 500 theme. In retrospect, he was too young for it. Whenever he and his buddies played with it, they would simply hold the controller throttle on full blast, all the time. The beautifully detailed Indy racers were flying and crashing all over the living room. As designated first responder, I was very busy retrieving the cars and setting them back gently on the track, only to see them fly off of the track on the next lap.

But I didn't mind. They moved onto other activities eventually. Then I would have the track all to myself.

**Wrap up
CAA Gift Memberships
now and
save \$15**

Plus receive a
free movie pass!

Contact us today for details.

CAA In-store • www.atlantic.caa.ca • 1-800-561-8807

Auto Club Travel Agency Insurance Member Rewards

© CAA logo and CAA trademark are owned by and their use is granted by the Canadian Automobile Association.



Slot car sets are still a sought-after gift, even in our high-tech age. ISTOCK



DODGE
CARAVAN KIDS

PROUD SPONSOR OF JAMNATH HOCKEY ACROSS CANADA

Less Fuel. More Power. Great Value is a comparison between the 2013 and the 2012 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. ©2013 Dodge Grand Caravan Canada Value Package - Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). Wise customers read the fine print: * * * * * T. \$ The It's A Wonderful Ride Holiday Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after November 25, 2012. Offers subject to change and may be extended without notice. All pricing excludes freight (\$1,500-\$1,595), license, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. **\$18,995 Purchase Price applies to the new 2013 Dodge Grand Caravan Canada Value Package (29E) only and includes \$8,100 Consumer Cash Discount. See participating retailers for complete details. *Consumer Cash Discounts are offered on select 2013 vehicles and are deducted from the negotiated price before taxes. **Holiday Bonus Cash up to \$1,000 is available on most new 2012/2013 models, excluding the following: Chrysler 200 LX, Dodge Caliber, Dart, Grand Caravan CVP, Journey, CVPSE, Avenger, Viper, Jeep Compass Sport 4x2 & 4x4, Patriot Sport 4x2 & 4x4, Wrangler 2 Dr Sport, Grand Cherokee SRT6, Ram 1500 Reg Cab & ST & SXT Trucks, Ram C350 Chassis, Ram Cargo Van, Fiat 500 Abarth and 2012 Fiat 500 Pop models. Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. †4.49% purchase financing for up to 96 months available on the new 2013 Dodge Grand Caravan Canada Value Package (29E) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Example: 2013 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of \$18,995 (including applicable Consumer Cash Discount) financed at 4.49% over 96 months with \$0 down payment, equals 208 bi-weekly payments of \$109 with a cost of borrowing of \$22,645.44, \$2013 Dodge Grand Caravan Crew shown. Price including applicable Consumer Cash Discount and Holiday Bonus Cash: \$24,495. ■Based on Ward's 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. **SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. *Jeep is a registered trademark of Chrysler Group LLC.

IT'S A WONDERFUL RIDE

HOLIDAY EVENT



2013 Dodge Grand Caravan Crew shown.⁵

GET UP TO \$1,000 HOLIDAY BONUS CASH⁶ PLUS UP TO \$8,100 IN CASH DISCOUNTS^{*}

ON SELECT MODELS

2013 DODGE GRAND CARAVAN CANADA VALUE PACKAGE
CANADA'S BEST SELLING MINIVAN FOR 29 YEARS

\$18,995⁷

PURCHASE PRICE INCLUDES \$8,100 CONSUMER CASH:



THE 2012 DODGE GRAND CARAVAN WAS A TOP SAFETY PICK BY THE INSURANCE INSTITUTE FOR HIGHWAY SAFETY.

36 MPG
HWY
7.9 L/100 KM HWY*

283 HP
BEST-IN-CLASS*

OR CHOOSE

\$109 BI-WEEKLY FINANCING† @ **4.49%** FOR 96 MONTHS WITH \$0 DOWN

STEP UP TO THE 2013 DODGE GRAND CARAVAN SXT

- Industry-Exclusive 2nd row Super Stow 'n Go® with one-hand operation
- Segment-Exclusive* Stow 'n Place™ roof rack
- 3rd row Stow 'n Go® with Segment-Exclusive* tailgate seating
- Centre front floor console with cup holders
- Deep-tint sunscreen glass
- Body-coloured door handles and bodyside moulding

\$17
MORE BI-WEEKLY



GET UP TO

\$1000
ON SELECT MODELS*

HOLIDAY BONUS CASH



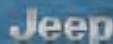
SCAN HERE
FOR MORE GREAT OFFERS



Dodge.ca/Offers

LESS FUEL. MORE POWER. GREAT VALUE.

10 VEHICLES WITH 40 MPG HWY OR BETTER.



APARTMENTS

MetCap "We take care of our residents. Try us and see!"
902.461.HOME(4663)

Dartmouth Apartments

175 Albro Lake Rd
Bach \$519
1 BR \$599
Parking, Heat & Hot Water Incl.
6 - 16 Nivens, 77 Farrell,
15 Middle St.
1 BR \$559
2 BR \$719
All Utilities Incl.
Book your viewing appointment today!
Call Mack at 402.3894
Or Olga at 401.7318

11 Glenview
1 BR \$579
Heat & Hot Water Incl.

141 Albro Lake Rd
1 BR \$630
2 BR \$719
3 BR \$799
8 Months Free Parking!
Book your viewing appointment today!
Call Olga at 401.7318
Or Anne Marie at 401.7318

31 & 35 Highfield Park Dr.,
11 Joseph Young Dr.
1 BR \$569
2 BR \$619
Utilities Extra
Book your viewing appointment today!
Call Olga at 402.2915
Or Anne Marie at 401.7318

36 - 36A & 60 Primrose
Bach \$539
1 BR \$579
2 BR \$649
Heat & Hot Water Incl.
Book your viewing appointment today!
Call Mack at 402.3894
Or Olga at 401.7318

65 & 81 Primrose
Bach \$479
1 BR \$579
2 BR \$679
Heat & Hot Water Incl.
Outdoor Parking Incl.
Book your viewing appointment today!
Call Lynne at 402.6287

2 & 4 Franklin Crt,
1-10 Crystal
Bach \$499
1 BR \$569
2 BR \$699
Heat & Hot Water Incl.

15/25/35 Leaman
Bach \$529
1 BR \$619
Heat & Hot Water Incl.

87 Pinecrest Dr.,
1-3 Farthington Place
1 BR \$549-559
2 BR \$679-699
Heat & Hot Water Incl.
Book your viewing appointment today!
Call Lynne at 402.6287
Or Olga at 402.2915

Halifax Apartments

1 & 11 Drysdale Rd.
22-40 River Rd
2 BR \$619
3 BR \$699
Heat & Hot Water Incl.
Book your viewing appointment today!
Call Teddy at 441.0354

HOLIDAY SPECIAL!
1 MONTH FREE RENT*
Ask about our pet friendly apartments
*13 month lease
Offer expires Dec. 31, 2012

Can't get a hold of us? Call our help line at 1-877-638-2271
or email us at leasing@metcap.com

GLADSTONE NORTH APARTMENTS 2761 GLADSTONE ST.
Call Doreen Mallon: 830 4300
GladstoneNorth.ca

1 BR, 2 BR, 3 BR & PENTHOUSE SUITES

- One, one + den, two, two + den three bedroom suites available
- Six Premium Appliances including Washer/Dryer
- In-suite Air Conditioning
- Large Corner Windows for Maximum Natural Sunlight in most suites
- High-Quality Laminate Floors
- Private Large Balconies
- Fully Secure Building with keyless entry
- Executive Penthouses Available
- Rooftop Garden
- Environmentally Friendly Features
- Bright In-door Parking*
- Walking Distances to all Amenities, on Bus Route

The best things in life are right outside the door!



Located at Almon & Gladstone

realstar management
it's your home

Ask about our rental incentives




Halifax Apartments
1881 Brunswick St, Halifax
1 & 2 BR
(902) 422 5747

Harbour Ridge
1663 Brunswick St, Halifax
1 BR
(902) 422 4545

MacDonald Apartments
5885 Cunard St, Halifax
1 & 2 BR
(902) 422 5033

Bedford Heights
22 Bedros Lane, Bedford
1 & 2 BR
(902) 431 8028

Stonecrest Village
80 Chipstone Close, Clayton Park
1 & 2 BR
(902) 457 3600

SPECIAL!
No Security Deposit!

realstar.ca

MOVERS

MoveRite
17 ft Truck & 2 Men
\$75.00 per hour
No Minimum
No Gas Surcharge
Residential & Commercial
Local & Long Distance
440-6817
moverite11@gmail.com

JUNK REMOVAL

TIME TO TOSS IT
Debris removal, estate clean ups, small demos, unit clear outs, basements, yards & construction.
902-449-0232

FLEA MARKETS

MEGA FLEA MARKET LOWER SACKVILLE
32 Glendale Ave. Sackville
\$1 Admission!!
Sundays 9-2 pm (Sellers 7am)
LIMITED TABLES AVAILABLE!!
902-495-0206
Call or Text

HARBOURVIEW WEEKEND MARKET

Shop Christmas and More
Something for Everyone!

Renovated to serve you better.
Expanded flea market section.

Wreaths • Ornaments
Meats • Produce
Baked Goods • Toys
Antiques • Jewelry
Candy • Tools
Books • Crafts • DVDs

OPEN Sat & Sun 9-4
SPECIAL TABLE RENTAL ONLY \$10
42 Canal St, Dartmouth 407-3323
harbourviewmarket.com

WEIGHT LOSS

Lose Weight Now!
Get started for only \$4.95
Call Today!
Natasha @ 476-1180
nslauwhite@gmail.com

MASSAGE/THERAPISTS

John Panter, Certified Rolfer™
Are you tired of chronic pain...?
902 425 2612 • fareast@auracom.com

RightLane DRIVER TRAINING
Classes held in Halifax and Bedford every month
902-454-0672 • www.rightlanedriving.com

Why Choose RightLane Driver Training?

- Engaging and fun classroom experience
- We use 2012 Honda Civics with enhanced safety features
- Full time instructors to ensure an efficient driving schedule
- Free use of our drivers education vehicle for your road test




RightLane Driver Training is the largest driver education company in Atlantic Canada with 8 locations throughout NB and NS.

EMPLOYMENT

NOW HIRING
Resident Manager Couples for our buildings in Dartmouth & Halifax. If Interested please email resumes for both to teddy@metcap.com or call 902-441-0354 for more information.

Building Managers Needed
To oversee daily operations of assigned building.
Please send resumes to jobs@metcap.com and quote job BMNS

VOLUNTEERS WANTED

CoSA Halifax
Circles of Support & Accountability is an important community safety initiative seeking new volunteers. CoSA trains volunteers to provide support as ex-offenders strive to live a pro-social, crime free lifestyle. For more information please contact: Shirley Dixon 492.0569
www.hcc-cosa.ca/cosahalifax

Give it to a friend at no extra cost.

metro

For those without a Metro, the forecast calls for "I dunno" with a slight chance of "huhhh?"

Horoscopes

Aries

March 21 - April 20

You can be as adventurous as you please now, knowing that nothing bad will come of it. Make use of the Sun's final few days in sympathetic Sagittarius to have fun. Forget about yesterday, it's today that matters.

Taurus

April 21 - May 21

Money may be a little tight at the moment but that is no reason to deny yourself the good things in life. On the contrary, you will feel better about yourself if you splash out a bit — but not too much.

Gemini

May 22 - June 21

Thought may be your natural medium but with love planet Venus moving through the relationship area of your chart you want to express yourself not only mentally but romantically too. Give the object of your affection your full attention.

Cancer

June 22 - July 23

If you need help, you must ask for it. No one will think any the less of you if you request assistance. On the contrary, they will admire your maturity. Neither success nor self-worth have anything to do with separation.

Leo

July 24 - Aug. 23

The more you have been working on serious things, the more you owe it to yourself to have some fun. Social activities, as well as an affair of the heart, will bring you a great deal of pleasure over the next 24 hours.

Virgo

Aug. 24 - Sept. 23

Today's rather unusual events will convince you that important objectives can only be reached if you are prepared to meet other people halfway. That applies not only to your allies but to your rivals too.

Libra

Sept. 24 - Oct. 23

Most of the time your head rules your heart, but today the opposite will be true. You will allow your feelings to dictate what you say and do. Nothing bad will come of it. In fact, you will thoroughly enjoy yourself.

Scorpio

Oct. 24 - Nov. 22

Calm down and stop taking what other people say so seriously. Yes, of course, some individuals can be a complete pain but if you let them upset you it means they have won. It's life — learn to laugh at it.

Sagittarius

Nov. 23 - Dec. 21

Take your pleasures where you find them and don't give a thought to what is going on around you. Is that irresponsible? Some people may think so but you have done your bit for world peace — now you want a piece of the action.

Capricorn

Dec. 22 - Jan. 20

Most of the time you think and behave rationally but the planets warn that your feelings could get the better of you today. There is absolutely nothing wrong with that so long as they are positive and loving feelings.

Aquarius

Jan. 21 - Feb. 19

Stick to what you do best and don't let others involve you in things you have next to no interest in. There is only so much that any one person can do and you'll do your bit better if it inspires you.

Pisces

Feb. 20 - March 20

You will find yourself up against someone who speaks and acts a bit too aggressively today but you must not react in kind. Smile, talk softly and reasonably and let them see you are beyond their reach. You win. **SALLY BROMPTON**

Crossword

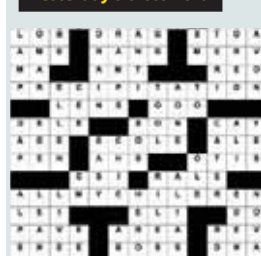
Across

1. Package request (abbr.)
4. Breakfast choice
7. Headliner
11. Extremely dry
13. Seminary subj.
14. Skin opening
15. Renounce
17. "Far out!"
18. Trucker's radio, for short
19. Occasions
22. Rate
26. Little Rock st.
27. Victory sign
28. Exclamation of surprise
30. At no time
34. Writer Levin
35. Whacks, as a housefly
37. Silkworm
38. Perry Mason's secretary
40. Musical note
41. Toss out
42. Knight of Grey's Anatomy
43. Busy — — (3 words)
46. Archie Bunker's offspring
50. — the World Turns
51. Cut back
52. Careless
58. General vicinity
60. Battery sz.
61. Church section
62. Car mishap
63. Skillet
64. Pouch

Down

1. Canadian Auto Association
2. Sphere
3. "I Know What You — Last Summer"
4. Long, long time
5. — Smart
6. Jane Lynch series
7. She played Emily Hartley on The Bob Newhart Show (init.)

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	8	3	0	2	9	5	4
8	4	2	7	5	8	6	1	3
6	3	5	4	1	9	8	7	2
1	8	9	2	7	4	3	6	5
3	7	4	5	8	6	1	2	9
2	5	6	9	3	1	4	8	7
5	8	7	6	4	3	2	9	1
4	2	1	6	9	5	7	3	8
8	9	3	1	2	7	5	4	6

FLIGHT CENTRE *Unbeatable*

Charlottetown Valentine's Day
 2 Nights 4-Star
\$169
 from pp
 INCLUDES Waterfront accom over Valentine's Day.

1 866 967 5402 | flightcentre.ca

Conditions apply. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

Today
 3°/-1°
 Rain and snow
 60%

Thursday
 3°/-2°
 Variable

Your #1 weather forecast now available in HD.
 Check your local listings for details.

©The Weather Network 2012

Search over 50,000 used cars,
fast and free.



 **autocatch**.com

**Way more than
Santa could fit
in your stocking**



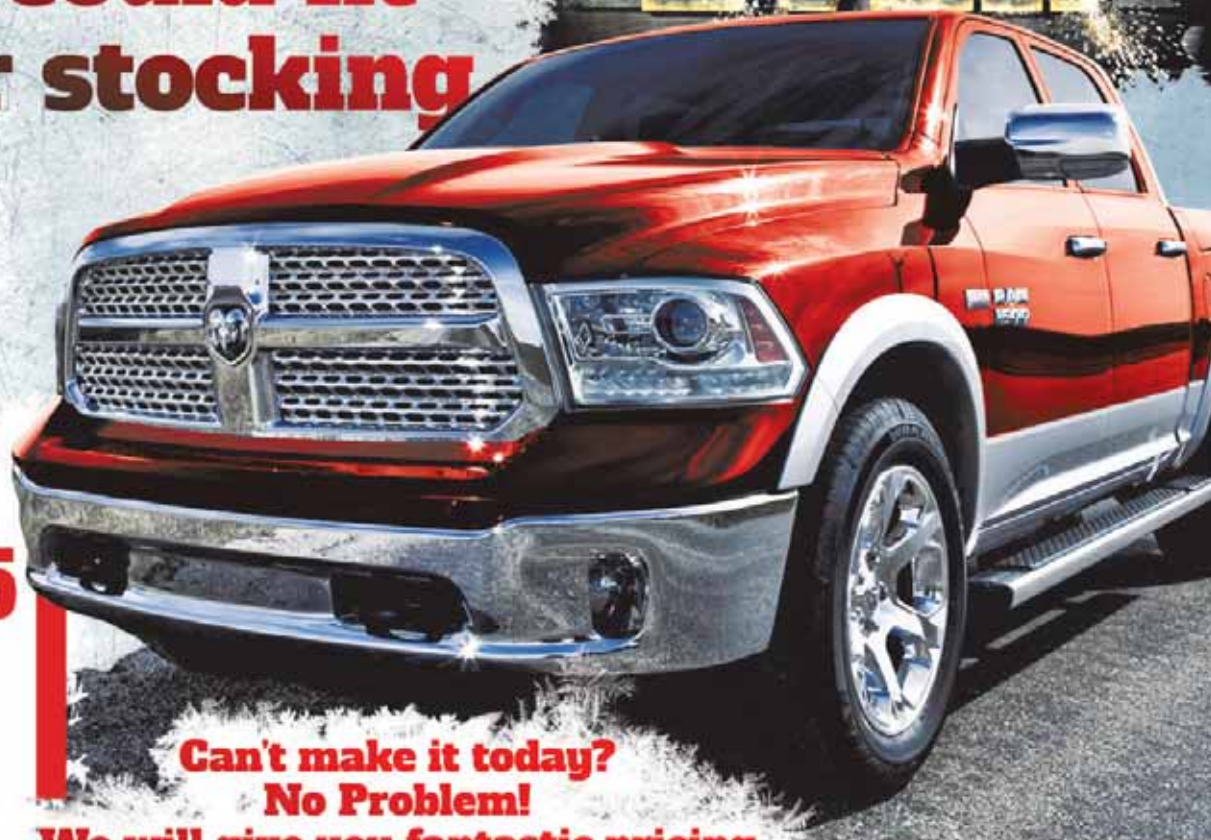
RAM

From

\$25,995

or

\$77 weekly*



**Can't make it today?
No Problem!**

**We will give you fantastic pricing
Every Day!**

**DODGE
Dart**



From

\$15,995

or

\$46 weekly*

**DODGE
Grand Caravan**



From

\$18,995

or

\$57 weekly*



Thursday 20th
Friday 21st
Saturday 22nd
Sunday 23rd
Monday 24th
Tuesday 25th

8:30am – 8:00pm
8:30am – 6:00pm
8:30am – 6:00pm
Closed
8:30am – 6:00pm
Closed

(902) 469 9050
ddodge.com

*Payment excludes freight, taxes & fees. Please see dealer for details